



THE  
VOLUNTEER CENTER  
South Bay - Harbor - Long Beach

# Parenting with Positivity

*A Free Educational Series presented at NO COST by The Volunteer Center and donors to our Connect for Teens Program*

The Volunteer Center, in partnership with Macy Grim Therapy, is offering an educational series geared toward parents of middle and high school aged teens. The sessions are one hour each and will be offered virtually.

## Presenters

Ariel Mendelson, MS, APCC

Amin Momand, MS, APCC, PPS

"Problems arise when there is a disconnect between how we understand love and how we show it. With love, positive support and understanding, children can grow up to be both mentally and emotionally healthy" - Macy Grim, MS, LPCC



### Session 2: Decoding Teen Behavior

Thursday, April 29, 2021 at 7:00 pm PDT

*Learn the science behind teen brain development.*



### Session 1: Your Teen's Love Language

Thursday, April 22, 2021 at 7:00 pm PDT

*Explore ways to connect and communicate that resonate with your child.*



### Session 3: Teen's Stress Toolkit

Saturday, May 8, 2021 at 9:00 am PDT

*Learn specific skills to help your child cope with stress.*

## Here's How To Register for This Free Series

1. Go to [macygrimtherapy.com](http://macygrimtherapy.com)
2. Click "request appointment"
3. Enter your information, and in "messages" indicate which classes you'd like to join
4. You will receive an email containing your Zoom invitation

*\*To request private group sessions contact Sara Myers at 310-212-5009 [sara@volcenter.org](mailto:sara@volcenter.org)*