

Mental Health and Teens (A Guide for Parents)

'What's normal and what is not with teens and mood?'

Presented by Lynka Smith, MS, PMHNP-BC

Lynka has been a nurse for the past 15 years and is now specializing in psychiatric nursing for adolescents and adults.

'Having tough conversations with your kids, no matter their age'

Presented by Christopher Boule, LPC

Chris is a Licensed Professional Counselor and a school counselor working with children, adolescents and families for the past 7 years.

'How to help parents manage their children's emotions'

Presented by: Andrea Johnson, MA, LMFT

Andrea is a resident of Friendswood and a graduate of Friendswood High school. She has been a Licensed Marriage and Family Therapist for 7 years and is currently practicing in Friendswood.

'Nutrition and Mood: What's the connection and what can we do?'

Presented by Saudia Turney, MA, LMFTS

Saudia has been a licensed marriage and family therapist for 10 years. She has done extensive work with adolescents, families, and couples.

This is a free educational workshop to empower parents and create a healthy dialogue among parents and professionals. To register for this workshop, contact the reference department at 281-482-7135 (option #3), or email reflib@friendswood.lib.tx.us

**Saturday, July 21st from 1 - 3pm
Friendswood Public Library**