

Surviving Adolescents: Outwit, Outplay, Outlast! **Presented by Mark Altman, [MindsetGo](#)**

For parents/caregivers of youth in grades 7 and 8
Due to the interactive nature of the workshop, space is limited to 40.

Do you wonder what teens are really thinking? How about what they fear or why they don't share their fears? When kids are little, they crave our attention, but when they get older, their priorities and interests lie elsewhere. Children communicate to us through their behavior. Teens and Tweens often struggle to find the words to advocate for themselves and express their feelings.

In this workshop, we will discuss how to:

- **establish mutual respect with your teen**
- **open communication channels**
- **avoid the traps our teens set for us and the ones we set for ourselves**
- **and establish a healthy relationship with our adolescents.**

Participants will develop the skills to help their teens/tweens feel comfortable advocating for themselves, manage their own expectations, apply new approaches and implement ideas to support your teen's health and happiness.

Kids are changing and constantly evolving. Are you?

Thursday, October 25, 2018 7:00-9:00pm
Masconomet Middle School Library (2nd Floor)
Pre-registration REQUIRED [REGISTER HERE](#)

Mark Altman founded [MindsetGo](#) with the mission of training people of all ages and abilities to be more confident and skilled communicators. His non-traditional non-therapeutic approach helps parents and children shift mindsets and embrace generational perspectives to improve family relationship dynamics. He shows parents how to more effectively model the behavior they seek from their children and each other through empathic communication and listening.



His experience includes over two decades of speaking and training on interpersonal skills, self-advocacy, growth mindset, social skills, and student engagement. Mark is a native of Boston and enjoys spending time with his three active children. He has also been a passionate youth sports coach for the last 15 years, and a freelance sports reporter for the Associated Press (AP) covering home games for the Boston Red Sox, Celtics and Bruins.

