

Parents Have Your SAY! You Talk. They Listen. It's True.

SAY Parent Roundtable

The SAY Parent Roundtable is a group of parents who meet to discuss teen issues, promote parent education and community events, and provide guidance and support in connecting with teens in positive, healthy ways. Our mission is to strengthen the relationship between parents and youth, as well as the connection to their school and community.

Join US!

October 9, 6:30pm-8:00pm, Bellefaire JCB

Addressing Academic Stress and Anxiety



Are you concerned about academic stress and want to discuss ways to help your adolescent cope?

Join us for a conversation with *Karen Carter, MSSA, LSW, SAY Counselor* and *Meghann Sullivan, Guidance Counselor at Beachwood High School*.

Stay Connected

- Even when teens push you away, don't withdraw – they're hearing more than you think!
- Listen. Don't interrupt. Avoid immediate questions and advice.
- Share your expectations about making healthy choices.

SAY Parent Roundtable

Bellefaire JCB

One Pollock Circle

22001 Fairmount Blvd. in Shaker Hts.



For Information and to RSVP:

Karen Carter, MSSA, LSW – SAY Counselor •
(440) 349-7493

carterk@bellefairejcb.org

www.e-say.org

