

# CONNECTING ON THEIR LEVEL: PARENTING TEENS



Parenting teens can be challenging – one moment, they're slamming the door in your face, and the next, they need you to be their steady, supportive rock.

This talk will explore the emotional, physical, and social changes adolescents experience and how these changes influence their behavior. We will discuss the dynamic between their desire for independence and need for connection, as well as the balance parents must navigate between guidance and letting go. Practical strategies will be shared for fostering open communication, setting boundaries, and maintaining a positive and supportive parental role.

Facilitated by:

Naama Lugasi MSW, Clinical social worker, and Israeli Department's director

Zohar Keissar ASW, Clinical Social Worker and group facilitator

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**When: Friday, January 31, 8:30 - 10:00 AM**

**Where: Upstairs Conference Room at the Kehillah School**

**Coffee and pastries will be provided.**

Please RSVP using [this link](#).