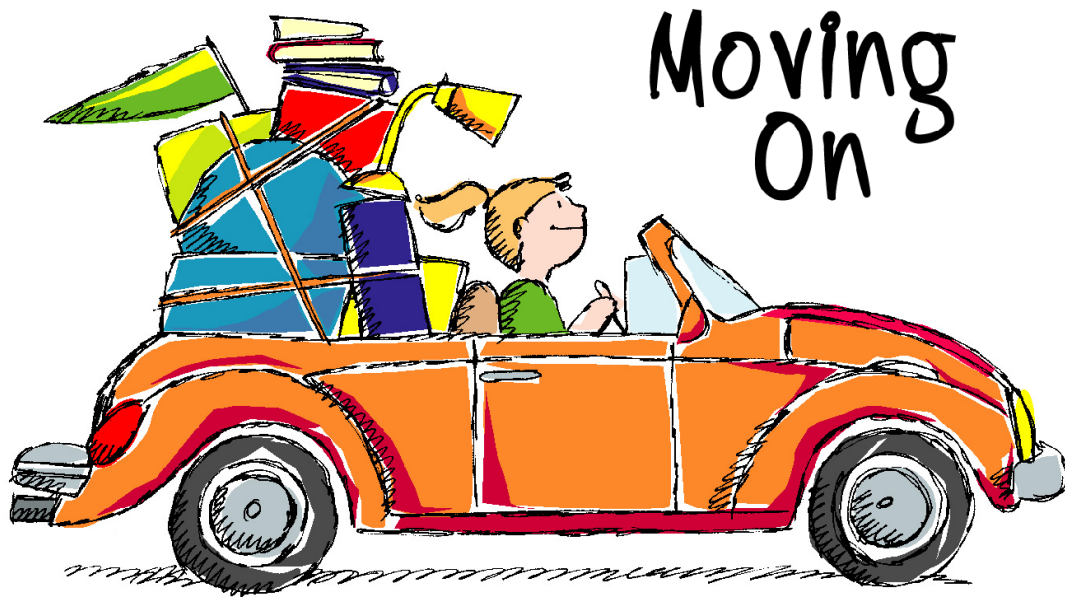


DHS PFSO Presents

Coping with Family Transitions: When Your Child Leaves Home

Wednesday, April 19th at 6:30PM–8PM in the ARC



Whether it's your first, middle or last child leaving, transition can be difficult. This interactive workshop, led by Joe Ianora, will focus on the issues surrounding your child transitioning to the next phase of their life; and how you can prepare for a successful transition into a new family dynamic. During this workshop, you will have an opportunity to learn, share, discuss, and prepare for this transition, which can include: loss of purpose, anxiety, sadness, and joy.

Common questions we will be addressing together:

- What should I expect emotionally when my child leaves for college?
- How will it impact the rest of the family and household?
- How much communication is too much?
- How do I navigate this new phase of parenting?
- What should I expect when they return home for holidays?

This is a great opportunity for parents to share their feelings with others and get support.

While this workshop is open to ALL parents, there will be a specific focus for those parents who will be experiencing transition at the close of this school year.

Joe Ianora is a licensed therapist who has worked in secondary education for over 30 years. He has been a teacher, counselor, HS principal, and is a parent of 3 grown children.