**Having a Good Fight**

Conflictin a family can be found in whispered conversations, loud arguments or just in silence. Learning how to listen, articulate, and come to a common understanding is hard work.

This seminar will give families tools to change the way you take on disagreements and create opportunities to connect.  Bring your favorite Hillview student and walk out with new ideas for engaging in healthy conflict.

Julie Metzger RN, MN brings 30 years experience working with preteens, teens, and their families. As the founder of Great Conversations, she has built curriculum on puberty, decision making and sex that have become a rite of passage for families throughout the San Francisco Bay Area through Lucile Packard Children’s Hospital (Heart to Heart) and in the Pacific Northwest through Seattle Children’s Hospital.  The co-author of “Will Puberty Last My Whole Life?” and “This is Me - a Journal for Girls”, Julie has been featured on The Today Show and in the New York Times.