



Teen Wellness Course for Teens and their Parents

Each week for 4 weeks, teens and their parents attend separate one-hour seminars and come together for 30 minutes of facilitated discussion.

\$250 per teen; \$150 per each additional sibling.

Wednesdays

6:00pm to 7:30pm

Upcoming Start Dates

May 3rd – July 5th – September 6th –
November 1st – January 3rd – March 7th

Adolescence is a time of immense growth and opportunity. It brings exhilaration and challenges for teens and parents. Clayton Behavioral's Teen Wellness Course introduces teens and parents to information and tools that support healthy teen development and positive family functioning. It also provides a safe place to begin discussing key topics such as privacy and responsibility, identity, substance use, sexuality, and technology.

PARENT CLASSES

TEEN CLASSES

Week One

The developmental milestones of adolescence and the road to get there
Ned Presnall, LCSW

The superpowers of the teen: The amazing journey from childhood to adulthood
Matthew Silva, LPC

Week Two

Teen moods and emotion and how we can support them
Adelita Segovia, MD

Five things to know to survive the feelings of adolescence
Angela Adamson, LCSW

Week Three

How to Parent a Child in the Age of Exploration
Ned Presnall, LCSW

Risk and Rewards of Being a Teen
(Genders separate for this talk)
Matthew Silva, LPC / Callan Howton, MPH

Week Four

SCREENAGERS

Growing up in the digital age

Adelita Segovia, MD & Ned Presnall, LCSW

Award-winning SCREENAGERS probes into the vulnerable corners of family life, including the director's own, and depicts messy struggles, over social media, video games, academics and internet addiction. Through surprising insights from authors and brain scientists solutions emerge on how we can empower kids to best navigate the digital world.

Enroll Today! Each class is limited to 15 families.

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