

## Behavioral Health Parent Education Spring Series



**Tuesday  
April 25  
5:00-6:00**



### Parenting Tweens & Teens

The struggle is real. Psychologist Dr. Jennifer Joseph will discuss some unique challenges in parenting tweens and teens and discuss strategies to build positive relationships. Bring your questions!

Register via the QR code listed by each topic or call 651.233.1076. Each seminar will be hosted via zoom, a link will be sent after registration



**Wednesday  
May 24  
6:00-7:00**



### Managing Screen Time

Get ready for summer! We will discuss strategies to create a plan for using screens responsibly, addressing frustrating situations related to screentime along with ideas to monitor content and use.