



Glenbard Township High School District 87

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Parenting program to demystify teen-age stress

Parents are invited to attend a program that will help explain the stresses teen-agers face and how to minimize their negative effects upon teens' social and academic performance.

Glenbard Township High School District 87 schools present "Get out of my life! (But first could you drive me and Cheryl to the mall?) A guide to the new teenager" by Dr. Anthony Wolf. The program will begin at 7 p.m. Tuesday, Sept. 18, in the auditorium at Glenbard West High School, 670 Crescent Blvd. in Glen Ellyn.

This program is open to parents and guardians from all suburbs.

Topics to be discussed include:

- What is adolescence?
- Why teens act as they do
- What you can do about it

Wolf's strategies and recommendations for successful adult-child communication have an immediate impact. It is worthwhile for all adults in the household to hear this presentation together, if possible.

Parents are invited to join in a 6 p.m. pre-meeting parent discussion group. The 6 p.m. gathering provides an opportunity to share concerns, problems and solutions with one another.

In addition to writing several books, Wolf is a frequent contributor to parenting magazines and has appeared on many national television shows.

This program is underwritten in part by District 44 Title IV federal grant funds.

Further information is available by calling Gilda Ross at (630) 942-7573.

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