Glenbard Township High School District 87

Administration Center ▲ 596 Crescent Boulevard ▲ Glen Ellyn, Illinois 60137-4297 ▲ Phone: (630) 469-9100 ▲ Fax: (630) 469-9107

Program will offer parents tips to help stressed-out teen-agers

Why do parents' efforts to help their teen-agers often backfire? Why is it that some teens seem bored? Learn the answers to these and many other questions at "Stressed out teens: helping them thrive in the age of pressure" on Tuesday, Oct. 17 at Glenbard West High School. The program begins at 7 p.m. in the school library, 670 Crescent Blvd. in Glen Ellyn.

Parents will learn about the stresses teens face and how to minimize their effects on teens' social and academic performance.

Guest speaker Dr. Roni Cohen-Sandler will discuss why teens seem so stressed, the five most common at-risk profiles, why teens underachieve, ways parents can promote stress relief and facilitate success.

Cohen-Sandler is a clinical psychologist, specializing in parenting, teens and mother-daughter relationships.

Before the program begins, parents are invited to participate in a discussion group at 6:30 p.m. Oct. 17 in the school library.

Parents from throughout the region are welcome, no matter what school their teen attends.

The program is presented by Glenbard Township High School District 87 and is funded through Lombard School District 44 Title IV federal grant dollars, with additional support from the Glen Ellyn Character Coalition.

Posted: October 3, 2006