

CVES PTSA, in partnership with PTSAs throughout the Snoqualmie Valley School District, invite you to a series of parenting lectures with:

Julie Giesy Metzger, RN, MN



Session 1

How Big is A Hormone?

The Art and Science of Parenting an Adolescent

Monday, February 8th, 2010

7:00- 8:30 p.m.

Mt. Si High School Auditorium

A presentation of the latest research on the changes of pre-teens' and teens' bodies and brains, explore what is on the minds of adolescents, and provide communication skills for families to work together in a partnership of trust and respect as they encounter new experiences. (most applicable for parents of 3rd-8th graders- but all are welcome)

Session 2

The Young and the Restless

The Social Lives of our Children

Thursday, March 18th, 2010

7:00- 8:30 p.m.

Cascade View Elementary School-Multipurpose Room

An exploration of the social/emotional lives of children who are navigating friendships and conflict while building their communication and relationship skills. Julie will share emotion coaching techniques that support conversations at home around social challenges of children. (applicable for parents of K through 8th)

Julie Metzger, RN MN is a popular speaker on pre-teen, teen, and parenting adolescents. She has developed and taught classes on puberty, sexuality and decision making for pre-teens and families for 20 years and has worked with tens of thousands of families in Seattle, Pittsburgh, Palo Alto, and throughout the Puget sound region. In addition, she has developed health curricula for middle school students on decision making.

Julie is a Nurse Consultant at Children's Hospital and a parent to three adolescents. She and her colleague Rob Lehman MD have a website reflecting their work with families – www.greatconversations.com

This event is free and open to the community.

Please email president@cvesptsa.org, Lorraine Thurston, with any questions