

# Assumption High School | **FREE** Parent Workshop

Sponsored by the Rocket Parent Network

## TIME IN: Cultivating Peaceful Teens in a Stressed Out World

Wednesday | March 9, 2016

Assumption High School Media Center

### Workshop + Q&A

The developmental path from a teen to an adult is an exciting and pivotal time, during which change is constantly happening – physically, mentally, emotionally, and spiritually. Teens are better equipped to handle modern culture's onslaught of societal pressures when they are able to draw from a developed inner resilience. Students are under an unprecedented amount of stress to perform academically. There is another side to their education – the social and emotional learning that can help them to feel good about their lives, create and maintain healthy relationships, and foster creative and deeply meaningful living. ***Please join us for this parent workshop that will explore how to help teens cultivate self-awareness and develop inner resilience, so that teens may go out into the world with self-love, confidence, and compassion.***

Shelly Sowell, Integrative Wellness Counselor, will facilitate this 90 minute workshop that includes:

- **Developmental Path** – Understanding the developmental shifts between high school and college
- **New Boundaries** - Giving support while fostering independence and responsibility
- **Staying Present** – Mindfulness tools that can help parents deal with stress and help their kids
- **Red Flags** - Recognizing signs of stress, decline in well-being, and how to help

We hope you can join us!

Please RSVP to Kim Steinke via email:

[kim.steinke@ahsrockets.org](mailto:kim.steinke@ahsrockets.org) or by calling 271-2539.

(so seating is available for all)



**Shelly Sowell, M.Ed., LPCC**, works with schools to create meaningful, effective and comprehensive wellness programs. She has worked as a counselor, educator, consultant, and mindfulness-based life skills instructor throughout her career, which began in 2004, and has created wellness practices in Miami, Los Angeles & Louisville. Shelly has consulted with and worked for community agencies, public and private schools, nonprofits, colleges and universities, and an eating disorder residential treatment center.

Shelly attended graduate school and trained at Vanderbilt University in Nashville, Tennessee. She holds a license in Professional Clinical Counseling in the state of Kentucky and is a National Certified Counselor. For more information, please visit [www.shellysowellwellness.com](http://www.shellysowellwellness.com).