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Teen & Parent Relationships



Family

IS EVERYTHING

With the divorce rate rising over 50% and children from broken homes. There are allot more single parenting or couples with blended families. Children are having to deal with the

consequences of families breaking up. This type of situation doesn't allow children to have a base foundation to work from as they become adults.

As a Parent are you experiencing

- Lack of communication with your Teen
- or the only way your able to communicate with your Teen is by texting
- or do you find your teen is always on the internet and doesn't want to get involved with family activities



- or they are not engaging with friends because they don't feel like they belong
- are your teens dealing with depression?

As a Teen are you struggling with

- insecurities or low self esteem
- feeling depressed
- are you feeling alone and don't have alot of friends who have the same interest
- are you being bullied and need someone to talk to
- are you feeling lack of confidence?

How would it feel if you belonged to a group that is there for you and doesn't judge you? Who will include you in the conversation, team building, educate you on life skills and personal growth, create a sense of belonging, support you and understand how your feeling. Also, learn how to date as a teen, or ways to communicate with your parents, teachers, friends or make new friends. Work on fun projects that will help you grow. Feeling confident about taking on new challenges. Learning about other cultures and making new friends in your community.



With my Teen & Parent Program I offer opportunities for the whole family to work on the foundation and create a happier home through effective communication, problem solving, dealing with stressful situations and so much more. Teens will be able to talk in a group with other teens that are going through similar situations so they feel there not alone. In addition, they will have an opportunity to hear what other parents has to say about raising teens.

This program will help you work with teens and parents to build a happier home.

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I look forward to building the foundation in your family.

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[Patricia Lavigne](#)

Separation & Divorce Coach –

I'm here to guide you throughout your journey in life and achieve your goals