



The **Children's Cabinet**

Living Ideation Workshops

Living Ideation Parent Workshops help parents and caregivers communicate with their teens in positive and healthy ways. Participants learn how to talk to their teenagers more effectively, learn how to recognize their teen's current skillsets and talents, learn how to boost and improve mental health, learn strategies that can help a teen's mindset, and consider ways to grow their teen's connections and achievements.

All participants are provided a workbook and wallet card to prompt conversations with their teens. At this time, all workshops will be held virtually using Zoom.

Living Ideation Workshop Dates & Times

September 9 6:30-7:30pm
September 16 6:30-7:30pm
September 23 6:30-7:30pm
September 30 6:30-7:30pm
October 28 6:30-7:30pm
November 4 6:30-7:30pm
November 18 6:30-7:30pm
December 16 6:30-7:30pm
January 20 6:30-7:30pm
January 27 6:30-7:30pm
February 3 6:30-7:30pm
February 10 6:30-7:30pm
February 17 6:30-7:30pm
February 24 6:30-7:30pm
March 3 6:30-7:30pm
March 10 6:30-7:30pm
April 14 6:30-7:30pm

To Register: <https://www.childrencabinet.org/who-we-serve/i-am-a-parent/family-counseling/>

Contact Jacquelyn Kleinedler at jkleinedler@childrencabinet.org if you have any questions

