



Mindful Parenting in Turbulent Times

A sensible approach to **school**, **social media** and **stress**

In this 90 minute workshop you will learn simple solutions for not-so-simple problems.

- Why is parenting so much harder than it used to be?
- Why won't my teen put their phone down?
- What the hell do colleges want anyway?
- Is my teen going to be okay in this world?

REGISTER NOW AT:

unplug.com/special-events

WHERE:

**UNPLUG
MEDITATION**

12401 Wilshire Blvd
Suite 101
Los Angeles, CA 90025

WHEN:

THURSDAY

November 8
10am - 11:30am

FEE

\$50

QUESTIONS?

info@teenignition.com



Dr. Jenni Silberstein

For 23 years Dr. Jenni Silberstein, owner of the Center for Creative Psychology has helped thousands of children, teens and families gain invaluable insight, redefine life challenges and thrive in an ever-changing world .

www.creativepsychology.com



DJ Fuller

DJ Fuller, creator of Flourish Academic Empowerment Coaching, has devoted his 15-year career to helping teens build the life skills necessary for success and well-being in the 21st century.

www.flourishmind.com