

# Parent Workshop: Helping Your Adolescent Cope With Stress

Adolescence is a period of significant development and change. In this workshop, caregivers will learn about common stressors in this developmental period, typical signs of stress, and walk away with tools on how to help their teens navigate these challenges.

## WHO:

Caregivers for adolescents

## WHEN:

Wednesday, October 28th  
5:30- 7:00 PM

## WHERE:

Video Conference

## COST:

Free - Donations optional

**To Register, please visit:**

<https://www.austinchildguidance.org/news-events/event-calendar.html>

**For Questions, please call :**

512-451-2242

