

A Special Event for Parents of Teens

DR. BRAD SACHS, best-selling author and psychologist, will speak about

The "Good Enough" Teen:
Promoting Resilience, Responsibility
and Self-Reliance

Wednesday, November 2, 7:30 PM
Walt Whitman High School Auditorium
7100 Whittier Blvd., Bethesda

Come hear one of the country's most sought-after child-rearing experts discuss how to:

- * Promote independence yet provide appropriate guidance
- * Negotiate limits that are actually enforceable
- * Help teens develop resilience
- * Reduce adolescent and family stress

Dr. Sachs is a psychologist, educator, consultant and author. To learn more about him, visit www.bradsachs.com.

This event is sponsored by the Bethesda-Chevy Chase, Walter Johnson, and Whitman High School PTSAs, and the Whitman Stressbusters Committee.

\$10 suggested donation at the door; no reservations required.