

Parent Map Pathways series presentation:

Laura Kastner : ‘Kids, Emotions & Active Problem Solving’

Tuesday, March 16th from 7 – 9 PM

The Bear Creek School (8905 208th Avenue NE, Redmond)

Breathtaking ... infuriating ... exasperating and magnificent: The teenage years can make parents doubt themselves like nothing else. But new brain research is shedding light on the causes behind the chaos, and this evening with Dr. Kastner will give parents insights and tools for finding a better way to relate to their teen.

With humor, wisdom, and a deep understanding of teen brains and emotions, Dr. Kastner will show you how to stay calm and clear-headed during some of the most common hot-button issues that arise during the teen years, such as rudeness and sarcasm, stupid decisions, entitlement, meanness and withdrawal.

Laura Kastner, Ph.D. is a clinical associate professor of psychiatry and behavioral sciences at the University of Washington and a nationally recognized expert on teen behavior and development. She is the co-author with Jennifer Wyatt of *Getting to Calm: Cool-Headed Strategies for Parenting Tweens and Teens*, *The Seven-Year Stretch: How Families Work Together to Grow Through Adolescence* and *The Launching Years: Strategies for Parenting from Senior Year to College Life*. In addition to teaching, she maintains a private practice with a focus on children, couples and families.

For a preview of Dr. Kastner’s presentation, don’t miss her recent blog entry, [“A Checklist for Parents of Tweens: A Dozen Dos and Don’ts.”](#)

Tickets for this event can be purchased through [Brown Paper Tickets](#). Ticket price is \$20 plus \$1.99 service charge.