

Parent (and Caregiver) Cafe meets online

Wednesdays 6 – 7 pm

Free to join. Call (603) 437-8477 x126 for access.

Parent Cafe is a supportive virtual group for parents and caregivers raising teenagers. It is designed to discuss teen-related concerns. Sessions begin with a few minutes of resources and guidance and is then open for questions, concerns, and idea seeking from anyone attending.

\*For parents who have a child in an Upper Room course such as **Phases (substance use)** and **Take Control (anger management)**, we encourage you to join these related sessions to discuss how to support your child and encourage the new ideas they are learning.

## 2025

### AUGUST

- August 6: Your teen's brain is going through massive changes right now
- August 13: **Helping my teen navigate their anger\***
- August 20: **Open conversation about teen concerns**
- August 27: Heading back to school and how parents can encourage positive school year and home environment

### SEPTEMBER

- September 3: Anxiety and Teens - How to communicate to build confidence with Guest Speaker, Kortney Yassenka, LCMHC
- September 10: **Helping my teen understand substance use and addiction\***
- September 17 & 24: **Open conversation about teen concerns**

### OCTOBER

- October 1: Social Media Red Flags
- October 8: **Helping my teen navigate their anger\***
- October 15, 22 & 29: **Open conversation about teen concerns**

### NOVEMBER

- November 5: Dating Violence
- November 12: **Helping my teen understand substance use and addiction\***
- November 19: **Open conversation about teen concerns**
- November 26: No meeting

### DECEMBER

- December 3: Anxiety and Teens - How to Communicate to build confidence with Guest Speaker, Kortney Yassenka, LCMHC
- December 10: **Helping my teen navigate their anger\***
- December 17: **Open conversation about teen concerns**
- December 24 & 31: No meeting

## 2026

### JANUARY

- January 7: Bullying and Cyberbullying signs your child is being bullied, signs your child is the bully
- January 14: **Helping my teen understand substance use and addiction\***
- January 21 & 28: **Open conversation about teen concerns**

### FEBRUARY

- February 4: Eating Disorders – What are they and who to contact
- February 11: **Helping my teen navigate their anger\***
- February 18 & 25: **Open conversation about teen concerns**

### MARCH

- March 4: Anxiety and Teens-How to communicate to build confidence with Guest Speaker, Kortney Yassenka, LCMHC
- March 11: **Helping my teen understand substance use and addiction\***
- March 18 & 25: **Open conversation about teen concerns**

### APRIL

- April 1: What is self-harm? Is my child at risk?
- April 8: **Helping my teen navigate their anger\***
- April 15, 22 & 29: **Open conversation about teen concerns**

### MAY

- May 6: Risks – Alcohol, drugs and more
- May 13: **Helping my teen understand substance use and addiction\***
- May 20: Setting expectations for end-of-year events, parties, and prom
- May 27: **Open conversation about teen concerns**

### JUNE

- June 3: Anxiety and Teens-How to communicate to build confidence with Guest Speaker, Kortney Yassenka, LCMHC
- June 10: **Helping my teen navigate their anger\***
- June 17 & 24: **Open conversation about teen concerns**

### JULY

- July 1: Social media apps and teen safety on the Internet
- July 8: **Helping my teen understand substance use and addiction\***
- July 15 & 22: **Open conversation about teen concerns**
- July 29: Parties and sleepovers – Things to consider

