

Making Sense of Adolescence

Crossing the bridge from childhood to adulthood has never been so daunting. The time of adolescence is longer than ever and yet society today offers little support in understanding or facilitating this transition. What is meant to happen? What is nature's purpose and design? Discussion will centre on understanding the maturing dynamics occurring for the adolescent and the tools to help them through this journey. Topics may include (depending on time available) the seven rites of passage, increasing awareness and need for autonomy, teen resistance and becoming a sexual being. This presentation is suitable for participants with tweens and teens.

Facilitator: Dr. Deborah MacNamara



Dr. Deborah MacNamara is the author of the best-selling book *Rest, Play, Grow: Making Sense of Preschoolers (or anyone who acts like one)*, is on Faculty at the Neufeld Institute, and is the Director of Kid's Best Bet, a Counselling and Family Resource Centre. Her book has been translated into Russian and French languages with Italian, German, Spanish, and Danish versions currently underway.

Deborah is a dynamic teacher and experienced counsellor who makes developmental science come to life in the everyday context of the home and classroom. She also provides counselling services to parents and professionals to make sense of learning, behavioural and developmental issues in kids – from babies to teens.

When: Wednesday, September 22, 2021, 6:30 pm– 8pm via Zoom

Please register in advance for this workshop:

https://ca01web.zoom.us/meeting/register/u5MlcOqprjguEgDYYWLgog_oBUHXHOfk_F5Tu

After registering, you will receive a confirmation email containing information about joining the meeting.

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DR. DEBORAH
MACNAMARA

MAKING SENSE OF
ADOLESCENCE

SEPTEMBER 22, 2021
6:30-8PM
SPACE IS LIMITED

Email questions for Dr.
MacNamara ahead of time to:
Kirsten Hermanson, Manager
– Prevention and School
Wellness

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