**Puckett Child and Family Therapy**

*in conjunction with*

**Shattuck Wellness and Behavioral Health**



**Raising Our Kids in a Complicated World.**

**How do we do it?**

Come hear ***Suzanne Puckett,***

Child and Family Therapist and Licensed Professional Counselor.

**She will cover topics such as:**

 Top 10 skills middle school students need to thrive and how parents can help.

The myths of the adolescent brain

Reducing anxiety; Relaxation and Mindfulness techniques.

 Mental and emotional health for ourselves and our children.

 Bully proofing your child.

 Tips for communicating to reduce conflict with our children.

### Leader: Suzanne Puckett, M.A.Ed., L.P.C, [AutPlay®](https://www.robertjasongrant.com/autplay-therapy/)certified, Certified School Counselor

Location: TBA

**Dates**: TBA

**Fee:** Free

**To Register**: Please complete the online survey bit.ly/2P6pIS1 or

Email: spuckett@childandfamilytherapy.org

**Visit**: <https://www.puckettchildandfamilytherapy.org/> to learn more about the practice and the group leader.

 