

# Riding The Waves

## A Survival Course for Parents of High Schoolers

Join Harmony and Dan for a journey that will transform your experience with and understanding of your teen. In this workshop you will:

- Understand the secrets of teen communication
- Unlock what the latest brain research means to you and your teen
- Discover how mood and motivation are changing in the teenage brain, and how to ride these waves
- Find new ways to make deposits into your relationship bank
- Learn why your rules and consequences aren't working any more and what you can do about it
- Understand the purpose of conflict with your teen and how to manage your own waves

**THERE IS UNLIMITED POTENTIAL FOR YOUR TEEN  
AND RELIEF FOR YOUR FAMILY!**



Harmony has been working with children, adolescents, and young adults since 2000. Her work with teenagers and young adults includes drug and alcohol abuse and addiction, social anxiety and shyness, anxiety, depression, grief and loss issues, trauma, school issues, and complex family issues. Harmony also offers support for parents who are navigating difficult terrain with their teens, including divorce and life transitions.

### **DAN & HARMONY**

For the past 20 years, Dan has positively impacted youth as a school counselor, classroom teacher, high school principal, adjunct professor and psychotherapist. He is currently in private practice in Boulder, serving teenagers, young adults, and families.



**COST:** \$250 (Single) \$450 (Two) until 12/31  
\$300 (Single) \$500 (Two) after 1/1

**Option 1:** Fridays 11:30am-1pm, 2/2, 2/9, 2/23, 3/2, 3/9, 3/16  
**Option 2:** Saturdays, 9am-noon, 1/13, 1/27, 2/10

**Location:** TBD, Boulder, CO

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**Call or email Harmony to register:  
303-717-9785 or [harmony@coreconnectionsounseling.com](mailto:harmony@coreconnectionsounseling.com)**