



**Calling all parents! Are you looking for strategies to help guide you through the teenage years?
Come hear parenting expert, Diana Clark, JD MA, as she discusses what to do, and not to do, when raising a teenager.**

**Tuesday, November 12, 2019 at 6:30PM
Cohasset High School – Learning Commons**

Cohasset, Mass., November 1, 2019 –Do you constantly find yourself wondering if your teenage child’s behavior is “normal”? Do you know how to spot behavior that deviates from the norm? Do you know what kind of strategies you can engage in, as a parent, to help create a healthier family unit? If you have ever asked yourself any of these questions, then this presentation is for you!!

On Tuesday, November 12, please join Safe Harbor Cohasset Coalition and the Cohasset Public School system for an evening with revered parenting and substance-use expert, Diana Clark, JD MA. With a master’s degree in counseling psychology from Antioch University, and years of experience helping families just like yours, Diana offers a calm, compassionate and logical voice, that parents can trust, and will teach you how to engage in behaviors that will promote a healthier and more functional family unit, for everyone involved.



As part of this presentation, Diana will be discussing several issues that parents think about every day. Starting with what constitutes “normal” teen behavior, Diana aims to show parents why their teen’s ‘out-of-control’ behavior may not be cause for concern, and that countless other parents are currently going through the same thing, taking away much of the anxiety that is associated with raising a teenager and showing parents that they’re definitely not alone. Along with going over “normal” teen behavior, Diana will also explain how to spot behavior that deviates from the norm, to ensure that parents know the difference between healthy and unhealthy behaviors, and what steps they can take to address these concerns. As an added bonus, Diana will also be providing some helpful tips regarding the type of behavior that parents can engage in, to protect the entire family

Whether you already have a middle or high-school student, and are searching for answers, or are simply looking to get a head start, before your child becomes a teen, you will not want to miss this incredible opportunity to learn from the best. We look forward to seeing you on Tuesday, November 12, at the Cohasset High School Learning Commons, for this amazing event!

To register, visit <https://www.eventbrite.com/e/parenting-strategies-the-risky-teenage-years-tickets-76110166557>

Lastly, don’t forget to remind your 7th-12th grader about Safe Harbor’s FREE Friday night activities,

FOR IMMEDIATE RELEASE:
For Information Contact:

November 1, 2019
NBalaschi@CohassetMA.org
781-783-5293

coming up in November, including: Glove Up Boxing and Fitness Class on November 8 at 6:30pm; Ground Level Café (GLC) open-mic night/coffeehouse on November 15 from 7-9pm; and Movie Night, featuring 47 Meters Down, on November 22 at 6:45pm.

###

About Safe Harbor Cohasset Coalition

Since July 2014, Safe Harbor Cohasset has been working to promote awareness and implement resources to help make an impact on the substance use in the community. In September 2017, Safe Harbor was awarded a federal Drug-Free Communities (DFC) Support Program grant, which focuses on preventing substance use among youth ages 12-17.

Since then, the group has worked to foster a strong and inclusive community that allows youth to strive and encourages healthy, educated and responsible choices about drug and alcohol use. The mission is supported by evidenced based, prevention focused, sustainable policies and youth-focused programs, such as Ground Level Café and the Safe Harbor Youth Ambassador Program. To learn more, visit the Safe Harbor website at safeharborcohasset.org. Keep up to date on the latest trends by following Safe Harbor on Facebook at www.facebook.com/safeharborcohasset, on Twitter [@cohsafeharbor](https://twitter.com/cohsafeharbor), & on Instagram [@safeharborcohassetcoalition](https://www.instagram.com/safeharborcohassetcoalition).