

# Community Parent Ed Event

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SEQUOIA UNION HIGH SCHOOL DISTRICT AND  
CARLMONT HIGH SCHOOL PTSA

## “Connecting to Your Teen”

**Presenter: Michael Riera, Ph.D., Author**

**Monday, May 24, 2010**

**7-9pm**

**Carlmont Performing Arts Center**

**Carlmont High School  
1400 Alameda de las Pulgas  
Belmont**



- Learn why teenagers do what they do and why they can't/won't explain it to you
- Learn how to link discipline to the development of integrity
- Learn how to influence your teen in the areas of their life that matter most
- Learn how to hear what they are not quite saying
- Learn how to have the Big Talks: Drugs, Alcohol, Sex, Money, Internet
- Learn how to maximize your influence
- Learn about normal adolescent development: physical, thought, social, identity, and family
- Learn why it's more important to be their parent rather than their friend
- And most of all, learn to enjoy this beautiful (and frustrating) phase of family life!

Mike Riera is one of the country's foremost authorities on understanding children and teenagers. He's authored several books: *Staying Connected To Your Teenager*, *Uncommon Sense for Parents with Teenagers* (featured on Oprah), *Surviving High School*, *Field Guide to the American Teenager*, and *Right From Wrong*.

Dr. Mike was the Parenting Consultant for CBS *The Saturday Morning Early Show*, and contributed to the CBS website "Ask Mike." He hosted an award winning television show, *Life in Progress*, as well as his own radio show, *Family Talk with Dr. Mike*. He's a frequent guest on news and talk shows, including: *Oprah*, *48 Hours*, *The Today Show*, *The View*, and NPR Radio. Mike has worked in schools for twenty years as a counselor, dean of students, teacher, and consultant.



Carlmont High School PTSA Parent Ed Committee:  
Carrie Du Bois, Gera Tilahun and Valerie Cardozo  
Shelley Bustamante, M.A.C.P. Carlmont SOS Coordinator/Crisis Counselor

Books will be available for purchase at the event.  
10% of book sales benefit Carlmont PTSA