

**Wednesday, October 7, 2009 from 7:00 – 9:00 PM**  
**Redmond High School Performing Arts Theater**  
**(17272 N.E. 104<sup>th</sup> Avenue, Redmond)**

***Laura Kastner, Ph.D. presents* Getting to CALM:**

**Teen Parenting Communication  
Strategies that Work**

With her widely acclaimed humor, wisdom and a deep understanding of the teenage brain, **Dr. Laura Kastner** will return to Redmond High this year with a new presentation. She will cover some of the most frequently encountered and normal rough patches of adolescence, offering specific strategies for resolving these difficulties. The presentation will focus on topics from her latest book, *Getting to CALM: Cool-headed Strategies for Parenting Tweens + Teens*.

Author & book weblink: [www:gettingtocalm.com](http://www.gettingtocalm.com)

Laura Kastner writes and lectures widely on adolescent development & family relationships. She is a clinical professor of psychology and behavioral sciences at the University of Washington, a practicing psychologist and mother of two. Dr. Kastner's other books, all co-authored with Jennifer Wyatt include:

- *The Seven Year Stretch: How Families Work Together to Grow through Adolescence*
- *The Launching Years: Strategies for Parenting from Senior Year to College Life*

**Recommended for LWSD parents of students ages 10 and up**

*Sponsored by the Redmond High School PTSA & the Lake Washington PTSA Council*  
If you have any questions, contact Joanne Hall, Chair, Parent Education at [jjjahall@juno.com](mailto:jjjahall@juno.com)

