



# Beyond Mama Bear

## How to Survive the Balancing Act of Parenting Teenagers

**Tuesday, November 7th, 9:15 – 11:15 a.m.**

**Wednesday, November 15th, 7:00 – 8:30 p.m.**

### ***Is your adolescent rushing in on you like a high tide?***

Come learn how you can be the safe harbor, a lighthouse, a beacon, the safety of home and shore.

### ***Is your teenager driving you crazy?***

Don't take it personally. Discover the signs of trouble and understand when they might need help!



There is hope for frazzled families! Join Lisa Lane Filholm, a high school teacher (and parent) who has seen it all, at the next PIN presentation for some some frank, funny, practical advice for staying vigilant during these topsy-turvy years.

Lisa will share how the role of parenting must change from “mama bear,” when our kids are cubs, to a peregrine falcon (to watch them), a ninja (to disarm them), a personal trainer (to work them), and a mentor (to guide them) as they become teenagers. Parents who know, protect and honor their teenagers can find balance for the whole family.

Parents, school administrators and community members are welcome and encouraged to attend PIN's presentations. No need to RSVP! Presentations are FREE and are held the first Tuesday of each month at:

**Student Achievement Resource Center (SARC)**  
**14188 E. Briarwood Avenue, Centennial**

(South of Arapahoe Rd., between Potomac and Jordan Roads)

🌀 [Mark Your Calendars](#) 🌀

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**Dec. 5th** This is Only a Test: Reducing Anxiety, Learning Strategies, Improving Results

**Feb. 6th:** 10 Wise Ways: From Lizard Brain (Reacting) to Wizard Brain (Thinking)