

# Hold Me Tight<sup>®</sup>, Let Me Go

## Parents & Teens Workshop

*For teens (ages 13-19) with  
“annoying” parents who  
don’t understand.*

*And parents with “moody”  
teens who won’t listen.*



**Kids & Families Together**

### **In this group you will:**

- Improve communication
- Deepen and enhance trust and emotional safety
- Change frustrating and painful cycles within your family
- Understand your teens’ feelings and relationship needs—for both closeness and distance

**FREE** for foster, adoptive, & kinship caregivers!  
**Fee** for the general public. Sliding scale available.

Friday (parents only) 6pm-9pm  
Saturday (parents & teens) 9am-2pm

March 15th-16th, 2019  
-OR-  
May 17th-18th, 2019

864 E. Santa Clara St.  
Ventura, CA 93001

### **For questions & to register:**

Contact Rachel Ashleman, LMFT  
805-643-1446, ext. 106; rashleman@kidsandfamilies.org