

# The Secret Life of Kids



~Jeff Levin

Our digital high-school and college-age kids face unprecedented emotional challenges, and in many bombarded families, it's difficult to even find the time to talk, to guide our kids or even to simply be together. This kind of stress tears at the fabric of connection we all need and can make being a good parent very challenging.

**THE GOOD NEWS: With the right tools, we can slow down, reconnect and lead our kids to safety, happiness and productivity.** Join other parents in the Concord area to enjoy the expertise of Jeff Levin and a panel of experts. Share some wonderful time together with neighbors and friends to find support, breathe, enjoy critical lessons in self-care and learn powerful ways to more fully understand, communicate with, and connect with your kids. We will decode that secret life together and share the exasperation and joy, as well as the challenges, of the rewarding journey of parenting teens and twenty-somethings today. Bring a friend, neighbor or co-worker.

MEETS: Tuesday, May 17, 6-8 pm\*

BY: Jeff Levin and a community panel of experts

\*Concord High School Auditorium

Call (603)230-7300 to register. or Register online @ [concordhospital.org](http://concordhospital.org)

 **CONCORD HOSPITAL**  
**Center for Health Promotion**

49 South Main Street Suite 201 Concord, NH 03301 (603)230-7300 fax (603)230-1121 [concordhospital.org](http://concordhospital.org)