**Welcome to Stressed Teens!**

I am very much looking forward to meeting your teen on Wednesday, October 6th at 4:00pm EST for our first Stressed Teens Class. This class will be held IN - PERSON at Northern Michigan Psychiatric Services new location (as of this fall) at 934 S. Garfield Ave. – Heritage Square Complex. This class runs for 8 consecutive Wednesdays ending on November 24th. Be sure to clear your teen’s calendar so that they will not miss a class. This is not only because each class is filled with lots of wonderful information, but also because each week builds from the prior week.

This class is a dynamic program that will offer your teen a number of different practical tools for healthy coping and emotional regulation; with mindfulness practices, meditations and healthy lifestyle skills being the centerpiece. It is often helpful for parents to ask their teen about what they have learned each week as well as what their “On Your Own Practices” are for the week. It can be fun and at the same time reinforce skills learned, to have your teen teach you meditations and mindfulness practices, and to engage in these new skills right alongside them.

Please be sure your teen brings their **Stressed Teens Workbook**, (which will be provided on the first day of class) to each one of our classes.

Also, please ask your teen to arrive to each class **5 -10 minutes early** each week, as we always begin right on time, and this allows them time to settle and interact with the other classmates.

Feel free to give me a call if you have any questions before the session begins or during the 8-weeks of class at 231-342-9634 or email me at [wendyweckstein@gmail.com](mailto:wendyweckstein@gmail.com)

I am very much looking forward to spending time with your teen and will see them in October!

Take care,

*Wendy*