

**DON'T MISS OUR LOCAL, ONLINE EVENT THIS FEBRUARY**

# The Heart of Teenagers - Simple Steps to Stay Connected

*Parenting teens can be tough! Dr. Jim Langley will share ways to help us build stronger, better relationships.*

- > *Grow your relationship with your teen...even when they push you away*
  - > *Help your teen feel understood and appreciated*
  - > *Create a family culture that builds values and guides decisions*

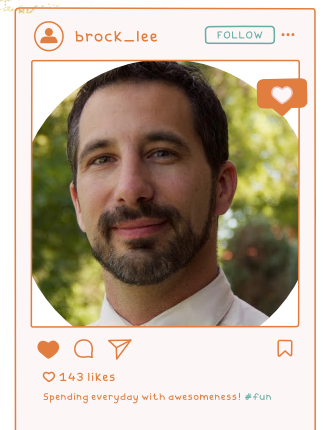


**Tuesday, February 1  
9:15-10:45 am**

Online video presentation followed by a live Q&A session. Get answers to your toughest teen questions!

Visit [www.PINccsd.org](http://www.PINccsd.org) or use this [zoom link](#)

*Jim Langley is a licensed clinical psychologist, but more importantly he is a husband and father of five boys who strives to embrace the messiness of family life while bringing an attitude of fun and determination to advice for parents that that actually works.*



**Save the Date: March 1 with Kim Bevill**

***We've Lost that Loving Feeling: Happiness, DNA and Mental Health***

**PIN: INFORMING, INSPIRING AND EMPOWERING PARENTS FOR MORE THAN 40 YEARS!**  
MISSED THE LIVE PRESENTATION? RECORDINGS WILL BE AVAILABLE ON THE PIN WEBSITE: [PINCCSD.ORG](http://PINCCSD.ORG)