

# Ever wish you could talk with other parents about teenagers?

What are reasonable limits and rules?

How do you deal with the stress of standing firm against angry rebellion?

Does it get better? What's "normal?"

How to handle issues of privacy and supervision, independence and safety, drugs and alcohol, sex and relationships, school and college, family responsibilities?

## Join other parents of teens for a support group

*As teens become more and more independent, parents of teens have less opportunity to meet each other and begin to feel isolated from those who are going through the same things they are.*

*This is a chance to have some support in this important and complex job. It is also an opportunity to get input from a professional in a more informal and affordable setting.*

**This weekly group is led by  
Jonathan Kopp, PhD  
a psychologist who has spent over 20  
years helping teens and parents**

*When: Fridays noon-1:30 "brown bag" lunches welcome!*

*Where: My office near Strawberry Village, Mill Valley*

*Cost: \$30 per meeting*

*Support group to run eight weeks.*

*If you are interested, please call me at (415) 389-0235*