

What Every Parent Needs to Know

Navigating the Storms of the Tween Years

Thursday, September 25th, 7:30-8:30 p.m.

Farquhar Middle School

Library Media Center

Stress Bullying Anxiety Depression

The years between 10 and 14 can present many exciting and positive changes for our children – physical, educational, social, and emotional. Sometimes, however, children need a little extra help from the adults in their lives when the changes become problematic or overwhelming.

Come hear our panel of experts discuss strategies to help you and your child:

- Erin Martin, Ph.D. , National Institute of Mental Health, Mood and Anxiety Program
- Robyn Holstein-Glass, Coalition for the Prevention of Bullying and Related Health Risks and Executive Director, Project Change
- David Holdefer, MCPS School Psychologist

In addition, Farquhar Middle School counselors will talk about specific programs and resources available at our school.

For more information, please call one of our counselors at 301-924-3113:

Susan James, 6th Grade Counselor

Charles Lawson, 8th Grade Counselor

Jason Ingram, 7th Grade Counselor

Heather Sobieralski, Small Group Counseling
and Special Counseling Programs

Additional Program Note: From 6:30 – 7:30 p.m. in Room 4, FMS Physical Education and Health teachers will be available so that parents can view the **MCPS Family Life and Human Sexuality and the Disease Prevention and Control units** for all three grade levels.