

# PARENT FORUMS 2011-201

## THE SECRET LIFE OF A MASSACHUSETTS TEEN

**November 30, 2011 (Wed.)**

**Ottoson Middle School**

**For parents grades 6-12**

**7-8:30 p.m.**

“The Secret Life...” is a high energy presentation for large groups which actively focuses on what teens are really thinking, what they fear, why they do not share their fears, and how parents can more effectively support their teen. Parents will leave the workshop with strategies they can implement immediately, new ways of understanding teens, and innovative techniques for engaging teens. The Belmont High School PTO President had this to say about Jon’s presentation; *“Jon’s many years of working with teens become quickly apparent by the insightful information he presents, in a very funny and on-target-way. His connection with the audience was visible by the many heads shaking in agreement and the flurry of questions parents were anxious to ask. My only advice is to reserve a big room- we had close to 150 parents attend on a cold and snowy night!”*

**PRESENTER: Jon Mattleman-** Jon Mattleman received his B.A. from Clark University in 1978 and his MS in Counseling from the Univ. of Hartford in 1981. He has created programs for youth and parents addressing issues such as drugs/alcohol, internet safety, depression, suicide, bullying and loss. Jon’s workshops and presentations are geared to give participants tools they can implement immediately, strategies that work with children and youth and approaches which have proven to be critical to building healthy relationships. Jon frequently consults with schools, parent groups, mental health organizations and in workplace settings regarding the issues of stress, depression and suicide. In addition he is a sought out speaker on topics such as “The Secret Life of a Massachusetts Teen”.