

# Helping Your Teen Through the Rough Patches

## A Parent Support Seminar Series by CHAPS Academy

Teens have special personality traits that make them spirited. But sometimes adults see them as problems rather than signs of what the teen can become. A few of these traits are:

- excess energy and restlessness;
- intense appetite for activity;
- anxiety and depression;
- feeling lonely;
- high excitements and enthusiasms;
- intense need to touch and be touched;
- difficulty adjusting to new environments;
- vivid imagination;
- quest for knowledge, asking lots of probing questions, curiosity;
- timidity and shyness;
- early signs of sexual interest; and
- need for attention and company.

These traits are used by teens to respond to and get through the rough patches in their lives. In these seminars, you will learn a few ways to help them do so.

### About The Seminars

All teens go through rough patches, difficult times that shake up their emotions, thoughts, attitudes, and behaviors. This series of seminars looks at five types of rough patches that can have deep and long-lasting effects on teens. After explaining how these difficult periods are normal aspects of teen development, parents are given insight, information, and tools that will support their own ways of helping their teen get through tough times. Each seminar is about two hours long and the topics covered are as follows:

- ✚ Helping When Your Teen is Overwhelmed
- ✚ Helping When Your Teen Loses Interest in Daily Life
- ✚ Helping When Your Teen Can't Connect With Others
- ✚ Helping When Your Teen Feels Like a Failure
- ✚ Helping When Your Teen Doesn't Care About the Future



### About CHAPS Academy

Established six years ago and located in Shiocton, this agency provides equine-assisted and other types of therapy to children, youth, and their families. Many of the kids served struggle with suicidal tendencies, depression, and other very difficult mental health challenges. This seminar series is one part of its effort to promote simple but effective day-to-day actions that will support mental health and well-being in our community.

For more information about the seminars or to register to attend contact Tammy Vanepereen at 920.986.3003 or by e-mail at [tvaneperen@yahoo.com](mailto:tvaneperen@yahoo.com) or register online at [www.chapsacademy.org](http://www.chapsacademy.org). Seating is limited.

### About The Presenter

Jonathan I. Cloud is a national consultant, trainer, and author. He has worked in over 200 cities on youth program development and delinquency prevention for the U.S. Departments of Justice, Education, Health and Human Services, and has conducted many trainings in the United States, Caribbean, and Thailand. He has B.A. Degrees in Psychology and Religion, and undertook graduate studies in Social Work and Public Administration.