

# Girl Drama

Supporting your Daughter  
through Ups and Downs

January 19th, 2016  
7:30-9:00

Kirkland  
Middle School

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In middle school, friendship dynamics become more complicated, emotional, and important for our daughters. As parents it is difficult to know what to say and do to support our daughters through the ups and downs. By delving into middle school girl world, we can understand how to best support them while also giving them social skills that will continue to be important throughout their entire lives.

*Guest Speaker: Sheri Gazitt, Teen Wise founder, has been working with girls for over 12 years promoting positive lifestyle choices. In addition to workshops for girls, parents, and staff members, she also coaches girls one-on-one to empower them to make healthy life choices in regards to friendships, stress, academics, and social pressures.*

*For more info, visit [www.TeenWiseSeattle.com](http://www.TeenWiseSeattle.com).*

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