



Avon Grove School District Presents:

Parent
Night

Delaware County Professional Services

How to Cope with your Teen's Stress

**Tuesday
March 16th,
2010**

6:30—7:30 PM

Avon Grove High
School Cafeteria

IT'S FREE!

**REFRESHMENTS
WILL BE SERVED!**

You are invited to hear a very well regarded speaker, Margaret Mary Albright, speak with you about coping with your teenager's stress. She will be discussing symptoms to look for, factors that contribute to your teen's stress, and successful techniques to utilize in helping your teen deal with their stress.

Margaret Mary Albright is a Licensed Professional Counselor who has worked in this field for over 35 years. Margaret is a wonderful speaker and has plentiful experience in presenting to large groups on such topics as stress, bullying, teens and technology, and parenting skills.

- Signs and symptoms to look for.
- Factors affecting teen stress.
- Positive techniques for dealing with your teen and their stress.

Sponsored By:
Fred S. Engle Middle School &
Avon Grove High School
Student Assistance Program

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