

For Parents and Community Members

When to Worry:

How to Tell When Teens Need Help — and What To Do Next

Featuring Dr. Lisa Boesky

National Speaker, Clinical Psychologist and Author of *When to Worry*

Thursday

October 23, 2008

6:00 – 7:30 pm

San Diego County

Office of Education

Joe Rindone RTC



About this Workshop: Moodiness, defiance, lack of focus, unpredictability, anger, over-sensitivity—typical teenage behaviors or an adolescent in need of help? Parents and community members need to be able to distinguish what's "normal" during the teen years and when a teen is struggling. This workshop provides specific steps to help parents obtain assistance for troubled teens so peace can return to the family home or classroom. It is a high-energy, practical presentation with video clips and case examples, relevant to any adult concerned about a teenager.

"Dr. Lisa" Boesky is a Clinical Psychologist, National Speaker, and Author of *When to Worry: How to Tell if Your Teen Needs Help—and What to Do About It*. She appears regularly on CBS's *The Early Show* and has been a guest expert on *20/20*, *The O'Reilly Factor*, *CNN Headline News*, *Morning Show with Mike and Juliet*, *Nancy Grace*, *Fox News Live* and in print in *Family Circle*, *USA Today* and others. Dr. Lisa has worked with a wide range of youth in outpatient settings, psychiatric hospitals and juvenile correctional facilities. Each year she provides Keynotes and Workshops to thousands of parents and professionals around the country. Learn more about Dr. Lisa at www.drlisab.com.

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Schedule

5:30 – 6:00 pm Sign-in and Hospitality
6:00 – 7:30 pm Program: Lisa Boesky, Ph.D.

Location

Joe Rindone Regional Technology Center (JRRTC)
San Diego County Office of Education
6401 Linda Vista Road, San Diego, CA 92111

Registration Fee: \$10.00

Includes one copy of Dr. Lisa Boesky's book, *When to Worry: How to Tell if Your Teen Needs Help—and What to Do About It*

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