

# Parenting Teens Lunch & Learn Series

Parents can benefit from learning about adolescent brain development, communication pitfalls and research-based strategies to address issues related to stress, sleep and screens.

Join Dr. Jeannine Jannot, Academic Coach and owner of [The Balanced Student](#), for weekly informative and frank discussions about the unique challenge of parenting tweens and teens.

Let's build a better parenting toolbox together!

Series begins March 22nd and runs for six weeks

Fridays 11:30 – 12:30

*will not meet April 5th due to Spring Break*

Cost \$300

*includes a 30 minute consultation with Dr. Jannot*

## TOPICS

- Week 1:** Adolescent brain development
- Week 2:** Family personalities + communication
- Week 3:** GRIT + growth mindset
- Week 4:** Sleep
- Week 5:** Screens
- Week 6:** Stress, anxiety + mental health

Bring a brown bag lunch (optional) and lots of questions

Registration is limited to 12 parents

To Register:

Call 678-381-1687 or email [info@peachtreepsychology.com](mailto:info@peachtreepsychology.com)



Dr. Jeannine Jannot is a college instructor and owner of The Balanced Student. It is her mission to help middle school, high school and college students achieve their academic goals.

Jeannine Jannot, Ph.D.  
Peachtree Psychology, LLC  
555 Sun Valley Dr. | Suite P-4 | Roswell, GA 30076  
678-381-1687  
[jjannot@peachtreepsychology.com](mailto:jjannot@peachtreepsychology.com)

**Nearly one in three adolescents experience anxiety reinforced by high-stakes academics, screen-dependence and poor sleep habits.**



  
Peachtree Psychology

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