

*B-PEN and the Class of '25 PTO invite you to*

## **What Junior Parents Need to Know**

**Tuesday Feb. 13, 7-8:30 p.m.  
BHS Martin Luther King Room**

Dr. Deborah Offner, a clinical psychologist specializing in adolescent development and student mental health, will offer helpful parenting strategies for supporting students through the unique stresses and pressures of junior/senior years as they begin planning for life after high school. BHS senior class Peer Leaders will share powerful letters about what they found helpful from their parents as they navigated junior year. More information about Deborah can be found: [www.deborahoffnerphd.com](http://www.deborahoffnerphd.com)



### **Topics will include:**

- Concrete tips on how parents can strengthen communication and support for their teens to maintain a healthy perspective during these final years at BHS
- Suggestions for how to maintain balance, perspective, and realistic expectations (since only a small percentage of students attend super prestigious schools – the majority do not)
- The impact of viral videos about college acceptances and how to avoid the fallout
- The importance of recognizing and valuing the student you have, not the one you expected to have

**Registration encouraged at: <https://forms.gle/vrwmdeqLL3qLZ7rBA>**

Presented by  
Brookline Public Health and Human Services & B-PEN (Brookline Parent Education Network)  
with the 11th grade PTO

**B-PEN**



**BHS PTO**