

# Parenting Teens and Young Adults

*A FREE Three-Part Speaker Series*

**Thursday:  
October 16, January 15, & March 19  
7:00 - 8:30 PM**

## **Bethany Lutheran Church**

1095 Cloud Avenue, Menlo Park

**Join Dr. Martha Cravens as she explores practical tools you can put to use immediately through her interactive workshops. They focus on helping parents move from frustration to feeling empowered about their relationship with their child. And, yes, even have some fun!**

### **Thursday, October 16**

**STANCE:** Shifting from Parenting to Modeling - When does parenting end?

Reserve your seat online by October 9

### **Thursday, January 15**

**CONNECTION:** How to Connect with your Teen/Young Adult... and Still Have a Life

Reserve your seat online by January 8

### **Thursday, March 19**

**MOVING FORWARD:** Who's in Charge? How to Handle Responsibility and Accountability with a Teen/Young Adult.

Reserve your seat online by March 12

**[www.bethany-mp.org/SpeakerSeries](http://www.bethany-mp.org/SpeakerSeries)**

**For more information**

**650-854-5897 ~ [lindab@bethany-mp.org](mailto:lindab@bethany-mp.org)**

*This is an adult-only event. No childcare will be available.*

**About Dr. Martha Cravens** Dr. Martha Cravens is a licensed Clinical Psychologist in private practice. Born and raised in San Francisco, she graduated from Stanford University with a B.A. with High Honors in English Literature, and received her Ph.D. in Clinical Psychology from the Institute of Transpersonal Psychology in Palo Alto. Dr. Cravens is also a single mom of two sons, now 20 and 23. Her parenting and life experience has taught her at least as much as her academic career. Dr. Cravens has a private practice in downtown Los Altos, and lives in Montara, above Half Moon Bay.