

adolescent / youngadult / teenager - (T) 10 - 18 yrs.

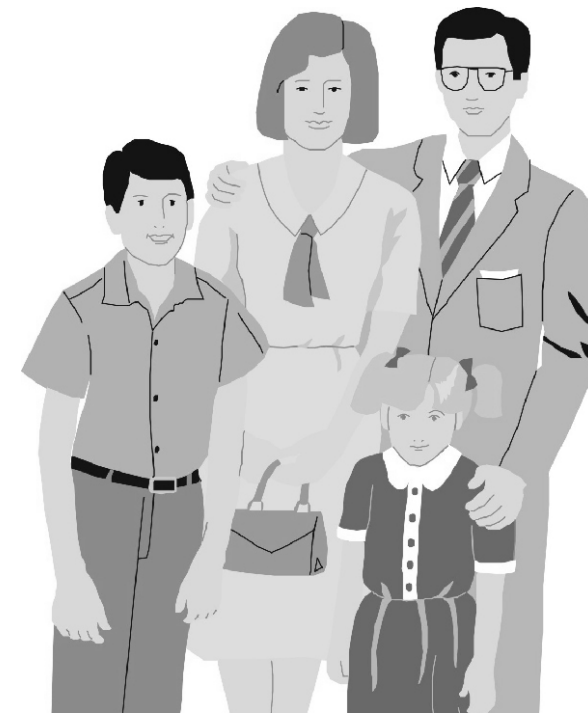
- **DAY:** } Details to be available on website by end Jan 2010
- **TIMINGS:** }
- **VENUE:** VIMHANS Hospital, No. 1, Institutional Area, Opp. Srinivaspuri, New Delhi-110065,
- **CHARGES:** Charges of Rs. 500/- per person or Rs. 800/- per family for each interaction.



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OPEN DISCUSSION GROUPS AT VIMHANS

Weekend Interactive Workshops (WTW)
On Parenting in relation to Adolescent Issues



Vidyasagar Institute for
Mental Health Neuro & Allied sciences

Organized by: SCHOOL OF MENTAL HEALTH
somh@vimhans.com

Coordinators for workshop: **Monalisa Palit / Neha, Clinical Psychologists, Vimhans**

For Information / Clarification please use:-

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For online registration: adolescent@vimhans.com
reg.edu.psych@vimhans.com

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011-29849010-20
Helpline: 1800-11-3444
Mr. Sunil: 9818799559, 9911295908
Mr. Gulab: 9650725925
Time: 9.00 am to 9.00 pm

INTRODUCTION:

As most children enter their teens they undergo a variety of changes in terms of their attitudes, behaviors, feelings, interests and personality on the whole.

Puberty brings about not just hormonal changes in adolescents, but also changes in how they interact with their environment. Many families on the whole undergo stress and a difficult period of adaptation as a result of the upheavals that the presence of a teenager brings to the house.

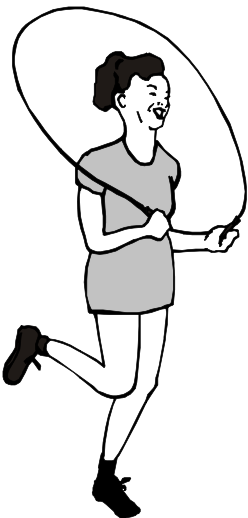
On the other hand, these children feel confused, poorly understood as well as restricted. They also find it difficult to focus on important issues and may at times be led into maladaptive behavior.

FOCUS:

To make sense of some of these issues faced by adolescents & their families, we are attempting to put together a series of interactions on these concerns. The aim is primarily to facilitate a smoother transition of both, the teens & their families, through their tumultuous journey.

OBJECTIVE:

- Help the Teenagers make sense of their problems
- Help the family understand the teens's perspective
- Facilitate a familial environment conducive to the teen's growth.

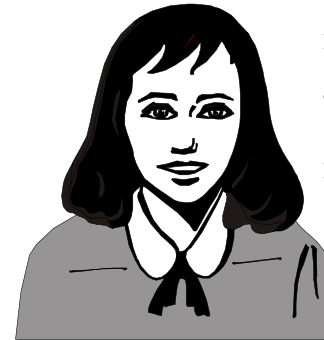


The range of Topics covered will be along the following themes:

» Teens and Relationships

» On the path of addiction: Drugs, Internet, Phone...

» Changing Priorities: Academics Vs. Friends Vs. Family Vs. Sports Vs. Internet



» The Teenagers at school: Burden of academics, peer pressure, bullying....

» Low self-esteem & confidence building

» Narrowing the generation gap

» Dealing with conflicts.

Topics subject to change depending on the identifiable need of the group and the issues that emerge in these interactions.

TARGET POPULATION:

Teenagers - age 10-18 yrs.

Parents of teenagers