

*Has Your Son or Daughter Been Replaced
by a Scowling Stranger Who Questions Your Every Action?*

Delay Your Gray:

How to Keep Your Teenager Safe and Yourself Sane

A Fun and Informative Program for Parents



Workshop leader, Liz Driscoll Jorgensen, CADC is a counselor and owner of Insight Counseling LLC and the mother of four children, 2 of whom are now adults. In addition to parenting her own teenagers, she shares 27 years of professional experience with parents in an easy and humorous manner. Liz has presented professional workshops nationally, including programs at Harvard and Dartmouth Universities, as well as hundreds of parenting programs. She is a consultant to Newport Academy and has received a Congressional Award in 1994 and numerous awards for her professional and community service. Her book “Delay Your Gray” will be published in Spring 2014.

Participants will discuss and learn:

- How to understand adolescent development, “What is normal?”
- How to set effective limits with pre teens and teens in areas of technology, socializing, sexuality and much more!
- How to keep your teen safe from alcohol and other drug use.
- How to have a sense of humor and “walk away” from your teenager’s intense moods.
- How to increase the partnership with your spouse (or ex-spouse) to create team parenting strategies. How to create and increase your network of like minded parents.
- How to enjoy your teenager and laugh with them more!

“Delay Your Gray was the most practical information I have ever received and we laughed all the way through it!” (Parent, Wilton, CT)

“My husband and I are laughing and enjoying our boys again. It [the program] made such a huge difference. Thanks so much!” (Mother of two teens, Redding, CT)

“Thank you, thank you, thank you! Thank you for your time, your message and your work! Bring Liz Jorgensen back!” (Father of two middle school sons, Easton, CT)

*To hire Liz Jorgensen to speak,
please contact Insight Counseling
203-431-9726
insightc@snet.net
insightcounselingllc.com*

