



# **NCS**

## **PARENT INFO NIGHT**

with  
Sara Guy, LMHCA

### **FOSTERING HEALTHY RELATIONSHIPS**

*for grades 7 - 12*

**Monday  
February 27  
6:00 PM**

**NCS CHAPEL**

*live streaming and childcare not available*

**Boundaries**  
healthy & unhealthy

**How to  
Enforce "No"**

**Building Trust  
With Teens**

**Working Through  
Conflict Resolution**

**Realistic vs  
Unrealistic  
Expectations**

**Help!**  
my teen has big  
emotions

