

# Free Parenting Seminar for Parents and Caregivers

## October 13th, 2022

### Connect Before Correct: Understanding Your Teen with Nik Stimpson

To Register:



<https://www.eventbrite.ca/e/connecting-with-your-teen-tickets-425858693817>

**Sands Secondary - 6:30pm - 8pm**  
**Library - space is limited**  
**10840 82nd, Delta BC**

Definition of insanity: trying the same thing again and again and expecting different results. Parenting a teenager can be hard, and it's easy to get caught in the same old patterns! Find breakthrough with an evidence-based, trauma-informed approach to caring for your teen with Nik Stimpson (MSci, MA). Join us for a relaxed evening to explore teen behaviour, development, and practical ways to support healthy, capable youth. We will learn to tell the difference between "normal" expected behaviour and when to be concerned, and how to analyze extreme behaviour and understand it as a means of communication. We will also explore ways to deeply connect with youth and build trust, and handle our own distress during times of great change.



**Nik Stimpson**  
M.SCI, MA

Nik Stimpson is a counsellor at Alongside You, an award-winning integrated health clinic located in Ladner. He has extensive training and experience supporting youth with a variety of concerns including anxiety, depression, stress, ADHD, academic performance, substance use, autism and developmental disabilities, communication skills, family difficulties, and just navigating the challenges of everyday life. Nik has a background in neuroscience and prides himself on consistent results helping teens build self-esteem and strengthen family bonds.



Please email Kirsten Hermanson, Manager of Prevention & School Wellness if you have any questions. [khermanson@deltaschools.ca](mailto:khermanson@deltaschools.ca)

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