How do I talk with my teen when they push me away?

Adoption Competent Mental Health · https://bridges4mentalhealth.org/hub/adoption-competence/how-do-i-talk-with-my-teen-when-they-push-me-away/

This webinar helps viewers:

- Learn how teenage developmental stages lead to independence
- Learn several communication strategies to improve relationship
- Identify key values of communicating with your teen
- Linking to additional resources and support

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