

FAMILY FORUM

Workshop Series equipping parents to raise healthy & happy adolescents



Who is Family Forum for?

This engaging and compelling workshop series is designed for parents of junior and senior high students attending a Catholic school. The content equips parents with proven strategies for connecting with and supporting their teens' mental health and success (academically, emotionally, socially and spiritually).

How does it work?

Schools are provided with all the promotional materials to invite parents to participate in four, one-hour zoom sessions throughout the year. Regardless of their participation, parents get access to all four sessions on the Self-Love Club app that include short videos and simple skills/exercises/action items for immediate implementation.

Who Facilitates Family Forum

Jenny Krumdrick is a Catholic Confidence Coach for teens—certified by the Wholeness School—and comes with 20 years experience engaging and transforming youth. She is passionate about helping teens know their God-given worth and think positively about themselves so they can pursue their purpose with confidence, resilience & success.



Jenny Krumdrick

815-514-0051

JoyfulJenny@ContagiousLight.org
contagiouslight.org/for-schools

✓ #1: Social Media Safety

Keep your teen safe on-line! Learn what to look for and simple steps to prevent a variety of potentially devastating situations.

✓ #2: Communication

Essential strategies to connect with your teen, get them to open up with meaningful conversation and get them to listen to you!

✓ #3: Boundaries & Accountability

Ninja hacks for motivating and teaching your teen to create (and own) healthy boundaries in their friendships & routines.

✓ #4: Emotional Resilience

Empower your teen to face & feel their strong emotions in healthy ways instead of avoiding them or reacting inappropriately.

"As a single mom raising two teenagers, Jenny's workshops are so helpful for me! She provides easy-to-use strategies I can share with my kids to navigate their school struggles, friend drama and personal issues. I love the app because it puts everything in one place."

—Patrice (parent of two teenagers)