

# Parent & Teen Talk - Let's Connect!

**Wednesday, November 20**  
**6:00 PM • West Jordan Middle**



We'll discuss:

- The effects of social media on the brain
- Positive ways to connect parents & teens
- Supporting & understanding LGBTQ youth

**Dr. Christy Kane** Ph.D., CMHC, has over 20 years of experience leading and guiding in the mental health world. Join Dr. Kane as she shares therapeutic tools, guidance, and solutions, from her work on neurology, mental health stability, and how electronics are affecting the human brain.



**David Kozlowski** LMFT, is a host of the nationally recognized podcast "Light the Flight and will share insights and strategies to connect with kids to improve the quality of your relationships. He has worked as a counselor, behavioral specialist, mental health worker and therapist in group homes, crisis treatment centers, psychiatric hospitals, drug addiction facilities and schools for severely emotionally disturbed kids and teens.



**Families Allies & Mentors (FAM)** will offer parents and families resources and skills to support LGBTQ youth.

