



News from the Somerset County Board of Chosen Freeholders

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Do You Ever Wonder Why Teens Do What They Do?

SOMERVILLE - The [Somerset County Office of Youth Services](#) will sponsor a parenting workshop, titled "Parenting Your Teenager: Do you ever wonder why your teenagers do what they do?," from **7 to 9 p.m.** on **Thursday, March 8**, in first-floor conference room #118 at **40 North Bridge Street**, located at the corner of North Bridge and High Street. Parking is available on local streets or in [Somerville Municipal parking lots](#), particularly [lots #6 and #7](#).

Keynote speaker Lisa Zaneto is a Family Interventionist for the [Parents and Children Together Program through the Arc of Somerset County](#). Zaneto will review positive communication strategies that can be used when problem solving with teenagers. Participants will learn how to: engage a teenager's cooperation, acknowledge your teen's feelings, and work out issues. How the teenage brain functions and alternatives to punishment also will be discussed.

Parents are encouraged to share and receive feedback on examples of interactions with their own children.

The workshop fee is \$5 per person. Payment in the form of cash or checks will be accepted at the door, or mailed in advance to Cindy Britt, Somerset County Office of Youth Services, PO Box 3000, Somerville, NJ 08876. Payments by check should be made out to [Friends of Somerset County Youth](#).

For more information or to register, contact Cindy Britt, Somerset County Office of Youth Services, at britt@co.somerset.nj.us or (908) 704-6352.