

# Frantic Families 2009

An evening designed to help today's family navigate the hectic pace of life in our valley and who want to balance the pace of their lives with the values of their families!

**October 7, 2009  
6-9pm**

**In The Commons,  
San Ramon Valley  
High School**

Sessions Topics to include:

- Fantastic Key Note Presentation
- Identify risky behavior in your child
- The Teenage Brain- what is going on in there?
- How to handle teen transitions- designed for the teen and the parent to attend together
- Keys to Communication
- How to talk so your parents will listen
- How to be engaged in youth sports with out getting fanatical
- How a family can instill its values into daily life

Sign up now at  
[www.discoveryctr.net](http://www.discoveryctr.net) or  
for more information  
call (925) 837-0505

On Wednesday October 7, in The Commons at San Ramon Valley High School, a fantastic family and community building opportunity entitled, **Frantic Families 2009**, will be held. This evening is designed for the on the go family that wants to get some "handles" on how to balance the frantic pace of raising a family without sacrificing family priorities.



The evening is designed around two activities. The first one is a working family dinner with a summary presentation and later in the evening keynote presentation that will inspire and rally your family around planning and prioritizing what is important to your family.

We encourage attendance at the conference by the whole family.



There will be workshops designed for children ten years of age and older. Child care will be provided for children ages 2-9 years old.



\$30 suggested donation  
made upon check in



Mt. Diablo Region YMCA  
*We build strong kids, strong families, strong communities.*



**SAN RAMON VALLEY  
COUNCIL OF PTA'S**

