

# Creating the Me I'd Like to Be:

A workshop for teens and adults on transforming your life

A workshop filled with hope, humour, and passion.

Much more than an intellectual exercise on adolescent behaviour, Kersty will offer recommendations for families to:

- Help nurture healthy behaviours
- Discover and set mutual goals
- Open up clear pathways for communication
- Live the vibrant life that each of us dreams of.

Kersty shows that through the use of cooperative parenting and open discussion, parents and their teens can not only survive, but also THRIVE!



**Kersty Franklin, DHS, LMHC**  
Child and Family Therapist

**Wednesday, April 17, 2013**

7:00 – 9:00 p.m.

Location: 655 Riddell Road,  
Orangeville (DCAFS)

**\*This is a scent-free environment**

**Cost: \$10.00 / Adult**

**Teens are admitted FREE!**

**Registration required by contacting:**  
519-940-8678 or [info@dpsn.ca](mailto:info@dpsn.ca)

Please visit our website at [www.dpsn.ca](http://www.dpsn.ca)

