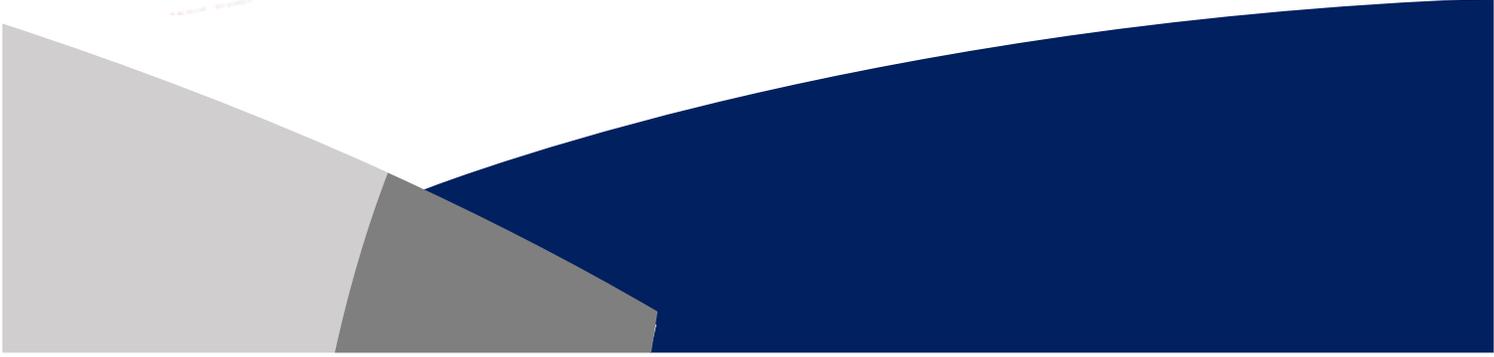




# Teen & Parent Relationships



 *Patricia Lavigne*  
Separation & Divorce Coach



With the divorce rate rising over 50% and children from broken homes. There are allot more single parenting or couples with blended families. Children are having to deal with the consequences of families breaking up. This type of situation doesn't allow children to have a base foundation to work from as they become adults.

## **As a Parent are you experiencing**

- Lack of communication with your Teen
- or the only way your able to communicate with your Teen is by texting
- or do you find your teen is always on the internet and doesn't want to get involved with family activities
- or they are not engaging with friends because they don't feel like they belong
- are your teens dealing with depression?

## As a Teen are you struggling with

- insecurities or low self esteem
- feeling depressed
- are you feeling alone and don't have allot of friends who have the same interest
- are you being bullied and need someone to talk to
- are you feeling lack of confidence?

How would it feel if you belonged to a group that is there for you and doesn't judge you? Who will include you in the conversation, team building, educate you on life skills and personal growth, create a sense of belonging, support you and understand how your feeling. Also, learn how to date as a teen, or ways to communicate with your parents, teachers, friends or make new friends. Work on fun projects that will help you grow. Feeling confident about taking on new challenges. Learning about other cultures and making new friends in your community.

With my Teen & Parent Program I offer opportunities for the whole family to work on the foundation and create a happier home through effective communication, problem solving, dealing with stressful situations and so much more. Teens will be able to talk in a group with other teens that are going through similar situations, so they feel there not alone. In addition, they will have an opportunity to hear what other parents has to say about raising teens.

This program will help you work with teens and parents to build a happier home.

# MEET YOUR COACH



*Thank you for taking the time to read my article.*

*I am honored and humbled to be able to share all my experiences, relating to separation and divorce. I have achieved balance through a healthy lifestyle, created a solid foundation for myself and my kids as a successful, single parent.*

*I am grateful for the enormous growth I experienced during and after my own devastating divorce. I call myself the subject matter expert because I know the heartbreak and pain of going through a divorce.*

*Through my coaching and programs, I manage to get people from an uncomfortable insecure situation to a happier and balanced life. My clients emerge with renewed vitality, confidence, and overall well-being. They look and feel better than ever, and they are eager to embrace the next phase of their life and to live it abundantly without guilt, shame or fear.*

*I'm here to guide you throughout your journey in life and achieve your goals.*

**Join us at one of our local events [www.meetup.com/Friends-Date-Night/](http://www.meetup.com/Friends-Date-Night/)**

## WHAT PEOPLE ARE SAYING

Last year my miracle was reconnecting with Patricia Lavigne. At the time we reconnected, in February, I did not know how much I would depend on her friendship by June. In the darkest hours of my life she was there to coach me through my most miserable moments. She was in the lifeboat throwing me a lifeline and urging me to grab hold and swim on.

I am deeply indebted to her understanding, guidance, compassion and love. I say love because helping people achieve success through her coaching and programs is a passion of hers. It's a gift she willingly shares with others and coaching others through Separation and Divorce is where her future lies.

Anonymous