

COMMUNICATING LOVE:

Finding **PRIDE** in Courageous Conversations

Saturday, March 9, 2024

9:00 a.m. - 11:00 a.m.

Calling **PARENTS** of all ages and stages who could use some support in facilitating honest, caring, attuned conversations with their kids

We invite you to grapple with these and other questions you may wish to bring to this safe space:

- When can we start to explore and discuss identity questions?
- Why would my child come out to someone else before me?
- What's in a name?
- Why do pronouns matter?
- When do we listen, and when do we speak?
- How can we offer thoughtful responses when we may not agree?
- Who gets to choose how our child(ren) will express themselves?
- Where can I go with my questions and my own sense of loss?
- What kind of parent do I want to be now and going forward?

Register at:
hnd@popnj.org

Facilitated by Dr. Zan Struebing

Dr. Zan Struebing is a licensed psychologist, educator, and passionate presenter and practitioner of Mindful Self-Compassion. Having started her career in the 80's as an elementary educator, she has continuously guided youngsters, along with their parents and teachers, in academic, hospital, and community settings. Her roles as psychologist and counselor have taken her to private practice, universities, and K-12 public schools. She facilitates groups to support the LBGQTQIA+ community, exploring and embracing identity, and remains a staunch advocate. She continually works to hone her clinical skills in her own private practice, working with adolescents and adults of all ages. She has developed and led programs in positive parenting, mindfulness, and character education--at home and at the Kopila Valley School in Nepal. Her expertise in parenting and mindful living has been consistently applied professionally and at home, raising 3 children from birth (adding a couple of others along the way) and attending their Back to School nights for 28 consecutive years. Dr. Zan believes fervently that cultivating positive relationships--both with oneself and others--is what it's all about!

The
House
Next Door

173 Princeton-Hightstown Road
Princeton Junction, NJ 08550

Parking is available at "the church next door"

Prince of Peace Lutheran Church

177 Princeton-Hightstown Road

Princeton Junction, NJ 08550