

Provided by  
**Building Bridges Together**  
A Program of Mental Health Systems, Inc

**Free**  
**Community Education**

Presented In English

## How to Communicate Effectively With Your Adolescent



### Learn:

- How to better understand your adolescent son/daughter.
- How to better connect with your adolescent son/daughter.
- Helpful communication skills in dealing with adolescents.
- When should you seek professional help?

### Presenter:

**Madeline P. Long, Psy.D.**

Dr. Long is a clinical psychologist in private practice. She provides individual and family therapy for children, adolescents and adults. Dr. Long is Latina therefore her services are available in both English and Spanish. She provides a collaborative form of therapy in order to assist you in reducing symptoms, resolving problems and feeling empowered to make changes in your life. Dr. Long's specialty areas include depression, anxiety, stress management, grief/loss, assertiveness training and parenting issues. For more information, please contact Dr. Long at 858-243-2684 or [www.drmadelinelong.com](http://www.drmadelinelong.com)

### When:

March 4, 2009  
6:00 pm – 7:30 pm

### Where:

Mental Health Systems,  
Inc.  
4660 Viewridge Ave.  
San Diego, CA 92123

### **Please RSVP to:**

**858-292-0903**

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