

FOSTERING INDEPENDENCE • AGES 12-18

How to foster independence in your tween or teen.

Independence isn't about stepping away, it's the growing capacity to think, choose, and handle life with confidence. This workshop gives you practical, evidence-based ways to scaffold that growth at home, from middle school through high school.

WHAT YOU'LL LEARN

**The mindset shift**

Move from “do this for me” to “help me do this myself,” the root of resilience.

**The independence gap**

Why today's teens face new pressures on self-governance, and why it matters now.

**Scaffolding & backward chaining**

Start at the end goal and build the ladder of small, age-appropriate steps.

**Real-world skills by age**

Screen time, self-advocacy, budgeting, and the “10-minute struggle rule.”

PRESENTED BY

**Dr. Abby Salat**

Director, Child & Adolescent Program

A school psychologist for over a decade, Dr. Salat knows the adolescent years from the inside and helps families turn everyday moments into practice for real independence.

RESERVE YOUR SPOT

Free to attend.



Wednesday, September 2 • 7:00 PM



Live online workshop • join from anywhere



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