

About Your Hosts:

Merri Guggisberg joined Youth Service Bureau (YSB) as their Youth and Family Education Coordinator in 2017. She brings 10+ years of experience leading youth and coordinating parent education sessions offered at a local faith community. As the Youth and Family educator, Merri leads parent education seminars, coordinates seminar speakers and develops community partnerships. Prior to joining YSB, Merri was a Youth Director at a local church.



Tracy Lysne is speaker, consultant, educator, and mother of four teen girls. She has over 20 years of experience in designing, presenting, and implementing educational and spiritual learning events for both adults and children across the United States and in Australia. She is currently the Director of M.Ed at St. Mary's University, Winona, MN.



Location:

The Living Room
(Third Street Entrance)
Trinity Lutheran Church
115 N. 4th Street
Stillwater, MN 55082

Registration:

There is no cost for these sessions and pre-registration is not necessary. Seating is filled on a first-come, first-served basis.



youth
service
bureau

A Ministry of
Children, Youth, and Family
at Trinity Lutheran Church,
with help from
Youth Service Bureau
Stillwater, MN 55082



trinity
Lutheran Church

Trinity Lutheran 2017-2018 CYF Ministries Present:

Impact Parenting Sessions



"The journey is oftentimes
as important as the
destination."

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trinity
Lutheran Church

Coaching and Equipping for the Journey of Parenting:

Each session runs from **6:00 p.m. - 7:30 p.m.** on the Wednesday evenings shown and are located in the **Living Room** (unless directed otherwise), near the Trinity Library on the Third Street side of the building. There is no cost for these sessions.



“The journey is oftentimes as important as the destination.”

Most parents and caregivers have “dream relationships” in mind for their children. Finances, media, schedules, sports, school, and stress—you name it—can all undermine those dreams. So, let’s gather together as the church, which may be one of the few places left who are committed to working on these dreams with you. However, it is going to cost you something. For these dream relationships to come true, it is going to cost you the most precious commodity you’ve got—time—aimed at the most precious and priceless relationship in your world—your relationship with your children. No deposit, no return.

As we did last year, we are happy to be partnering with Youth Service Bureau as we explore a variety of parenting topics. So, join other parents, grandparents and caregivers for your choice of three sessions of learning, conversation, and skills-building.

Youth Service Bureau is a non-profit organization that provides prevention and early intervention services to youth and families in Washington County. YSB offers youth-focused family counseling, diversion services, chemical health support, and parent education, all to help youth and families learn the skills they need to be more successful at home, in school, and throughout the community.



Oct. 25: Behind the Screen - Social Media

Have you ever wanted to learn more about the various social media options your kids know much more about than you do? Join Merri Guggisberg from Youth Service Bureau to learn about popular social media platforms and how to help your kids use them safely. You’ll learn strategies for managing online time and how social media impacts development.



Nov. 15: Tackle Stress and Anxiety

Stress or Anxiety? What is the difference between these and how do you recognize signs? Join youth and family therapists from Youth Service Bureau as we explore ways to help teens and their families manage their stress.



Feb. 7: Ages and Stages

Is my 5 year-old “normal” if all they do is talk about bodily functions? My 9 year-old always complains that their foot hurts, tummy hurts, or head hurts, what is going on? Join Tracy Lysne and look at the work of behaviorists, psychologists, and educators to discover what we can expect from our children at their current age and what we can look forward to in the future.