



# LINKED UP!

## TIMELY CONVERSATIONS BETWEEN PARENTS & HMS STAFF

### Tween and Teen Challenges

Middle school can be a challenging time for kids. The truth is, it can be challenging for parents, too. Our kids need us more as they face new situations and gain independence. **Join us for open conversations on what our tweens and teens are dealing with and how we, as parents, can best support them. HMS Guidance staff will cover real-life strategies for:**

- Social Situations
- Managing Stress and Anxiety
- Finding Balance

Guidance Staff will also cover healthy relationships and use of technology/video games in our conversations.

**Hudson Middle  
School PTO Invites  
You To Join Us:**

**Wed., December 12  
9:30-11:00 a.m.  
Middle School  
Media Center**

**Coffee and baked  
goods will be served**

**Questions? Go to  
[www.hudsonpto.org](http://www.hudsonpto.org) or  
contact: Laura Jones  
[joneslau@windstream.net](mailto:joneslau@windstream.net)**

**Bring a friend !**

