

# **Week of February 21**

## **PARENTING SEMINAR**

**Monday, Feb. 22:** CAST is sponsoring a seminar, "Is This Normal?", which will be held in Room C-230 at Upper Merion Area Middle School (450 Keebler Rd., King of Prussia) at 7 p.m. Guest speaker will be Kristin Nordeman from the Mind- ing Your Mind Foundation. The seminar will help answer questions such as, "Is my child going through a phase that s/he will outgrow?" "Is my child's behavior a normal part of growing up?" "What are the warning signs that my child needs help?" "How can I help my child through troubling times?" "Should we seek professional help?" Parents and students in middle and high school are welcome to attend. To sign up, please email [sshelton@umasd.org](mailto:sshelton@umasd.org) or call 610-304-5533.