

“50 Shades of Parenting”

Jon Mattleman, LICSW
February 25th, 7-9 PM
Belmont High School Auditorium

Learn tools and strategies to immediately improve the emotional and mental health of your teen and your relationship with them. Join Jon as he presents approaches which have proven to be critical to building healthy relationships.

Jon has been described as an engaging, fun, accessible, humorous, warm and informative speaker. Jon’s workshops and presentations are geared to give participants tools they can implement immediately. Jon has worked with professionals in schools, with state organizations and with hundreds of parents. Jon has appeared on numerous radio and television shows lending his expertise on depression, suicide, teens, parenting and the emotional impact of the internet.

Read more about Jon on his website at www.Jonmattleman.com



A CHNA 17 grant funded program sponsored by the Belmont Health Department and Belmont Public Schools. For more information on: “The Stress Less Campaign”:

(617) 993-2983.