



**FOR IMMEDIATE RELEASE**

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**HOPE LUTHERAN CHURCH IN CRANBERRY TO SPONSOR  
PARENT SEMINAR: “WORRIES, DIETS AND DREAD”**

DEC. 21, 2009 – CRANBERRY TOWNSHIP: Hope Evangelical Lutheran Church, Cranberry Township, is sponsoring a free workshop for parents of adolescent children at 6:30 p.m. Sunday, Jan. 17, 2010, at the church on Rowan Road. The topic for discussion is “**Worries, Diets and Dread**” and will focus on what constitutes “normal” adolescent behavior and what behavior should be cause for concern.

This workshop focuses on how parents can learn the traits that are part of a normal growth and development process and what ones are symptoms of larger problems. Presenter Jennie Williams, LPC, a therapist in private practice in Fox Chapel, Pa., notes that “adolescence is a time of great change and turmoil, for both parents and kids. We’ll talk about what normal development looks like, as well as some of the mental health concerns that kids face.” Some of those concerns are anxiety, depression, eating disorders and addiction.

Interested people should contact the Hope Lutheran Church office at 724-776-3141 for more information and to register. They also may go to [www.hopelutherancranberry.org](http://www.hopelutherancranberry.org) for details. Hope Lutheran Church is located at 8070 Rowan Road, just off Route 19, in Cranberry Township.