



**HOT
POTATOES!**

*Conversations with
Families about Hot Topics*

If you're a parent, you won't want to miss....

***What To Say When You Don't Know What To Say:
How to Talk About the Hard Stuff***

“Hot Potatoes” are about hot topics, which are by nature difficult, touchy, uncomfortable, and.... often avoided because of it. As parents, sometimes we just don't know how to start talking with our children about tough subjects or what to do if things go from *hard* to *heated*. When we develop the skills to talk with them about one hot topic, we have the skills to talk with them about the other hot topics that are going to pop up as we move through life.

In this session of “Hot Potatoes,” we'll be discussing:

- developmentally appropriate communication skills
- tips for conflict resolution.

We'll be joined by Sawtooth Mountain Clinic's own Sara Dragwiek (Behavioral Health Consultant) and Sandy Stover (Physician). They bring a wealth of personal and professional experience in discussing the “hard stuff” - they're both moms, with kids that range from adult to preschool. They've been there.

Thursday, November 17 ~ Sawtooth Mountain Clinic Classroom ~ 5:30 - 7:00 pm
Come for Supper! Baked Potato Bar provided.

RSVPs appreciated.

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Stay Tuned for more Hot Potatoes:
December ??: Screening of Audrie & Daisy with VPC

Sawtooth Mountain Clinic
Together Through Life
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