



Dear SDUHSD Families,

The San Dieguito Union High School District and La Costa Canyon High School proudly welcome Tyler Durman on **Wednesday, March 21, from 6:30 - 7:45 pm** in the LCC Theatre. Tyler's presentation, "Bite Sized Wisdom for Parents - Parenting a Teenager," will be covering overall student wellness and relevant issues for parents of current students. This night will provide our parent community with practical tips on how to equip children with social and emotional balance.

In addition, there will be an assortment of resources available during a Wellness Fair from 5:30 - 6:15 pm in the Theater Foyer.

**Tyler Durman: 6:30 - 7:45pm @ LCC Theater**

**COUNTERINTU**

A 75 MINUTE PARENTING EVENING THAT OFFERS **HELP, HOPE AND LAUGHTER**

Tyler Durman, who has spoken to over 4 million teenagers, will give practical and real answers to help our teenagers at home, even if they're currently away. He'll make us laugh while bringing attention to specific struggles like how to give our kid's respect even while we want the freedom they think they're ready for.

TYLER'S LATEST BOOK IS NOW AVAILABLE AT [AMAZON.COM](https://www.amazon.com)

[BITESIZEDWISDOM.COM](https://www.bitesizedwisdom.com)

**WHY?** Because you deserve a great relationship with your child through the teenage years.

**WHERE:** La Costa Canyon HS Theatre      **WHEN:** Wednesday, March 21st

**TIME:** 6:30 - 7:45pm      **QUESTIONS?** Call 760-439-1234

To assist us with planning, we ask that you please reply at [RSVP for LCC Parent Night](#)

La Costa Canyon High School  
is Proud to Present...

# COUNTERINTUITIVE

A 75 MINUTE  
PARENTING EVENT  
THAT OFFERS  
**HELP, HOPE  
AND LAUGHTER.**

Tyler Durman, who has spoken to more than 4 million teenagers, will give proven wisdom and real answers to help our relationships at home, even if they're currently strained. He'll make us laugh while bringing clarity to specific struggles like how to deepen our kid's respect even while we withhold freedom they think they're ready for.



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**QUESTIONS?** Call (760) 436-6136