

# PARENT PODCAST CLUB

for moms of teens

*A book club without the book!*

**Step 1: Listen to a suggested podcast each month about different teen parenting topics,** including mental health, social media, managing stress and anxiety, and relationship repair.

**Step 2: Chat about this with other moms of teens in person over food and drinks!**

**Step 3: Learn something new, meet a new friend, share laughter & stories!**

**Next date: Mon 3/11 at 7pm in Solana Beach**

To RSVP or for more info, email Amy Scher:

[AmyS@JewishinSanDiego.org](mailto:AmyS@JewishinSanDiego.org)

Use this form to sign up for the group, or email Amy

<https://form.jotform.com/232565510379055>



**Jewish Federation**  
of San Diego