

# Dr. Elizabeth R. Henry Announces Her New Challenge Course for Parents to Boost Their Connection with Their Teen

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/EINPresswire.com/ -- Dr. Elizabeth R. Henry (Dr. Liz), founder of [Dr. Liz Consulting](#), a practice focused on empowering parents and uplifting youth, is pleased to announce the launch of her new program “The [21 Day Boost Your Connection with Your Teen Challenge](#).”

Through 21 daily email challenges, parents will learn:

- How to engage their teen by listening more and talking less
- How to understand teens better
- How to embrace teenage moods and know-it-all attitude
- How to better support teens as they deal with life challenges
- How to reduce their upset when their teen doesn't do what they want them to do
- How to spend quality time with their teen when they are pressed for time



Dr. Liz

The entire program costs \$97 and will open for registration in January. Interested parents will be able to register by going to [www.DrLizConsulting.com](http://www.DrLizConsulting.com). Dr. Liz can be contacted at 732-873-1021 or [DrLiz@DrLizConsulting.com](mailto:DrLiz@DrLizConsulting.com).



The program is a step by step method to boost a participant's connection with their teen in 21 days (no matter what type of relationship they have now)."

*Dr. Liz*

+1 848-459-3130

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