

VANA LAB PARENT WEBINAR SERIES 2026

LESS CONFLICT. MORE CONNECTION.

VANA
LAB

BETTER HABITS = BETTER LIFE

PRACTICAL TOOLS FOR SUPPORTING YOUR TEEN
COMPLIMENTARY • 30 MINUTES • INTERACTIVE

FEB 24

TUESDAY

7:30PM - 8:00PM ET

**WHAT DOESN'T WORK WITH
TEENS? NAGGING, LECTURING,
AND THREATENING**

MAY 5

TUESDAY

7:30PM - 8:00PM ET

**SETTING BOUNDARIES AROUND
SCREEN TIME, SMARTPHONES,
AND SOCIAL MEDIA**

OCT 20

TUESDAY

7:30PM - 8:00PM ET

**KEEPING THE DOOR OPEN:
STAYING CONNECTED AS YOUR
TEEN GETS OLDER**

NOV 17

TUESDAY

7:30PM - 8:15PM ET

**PARENT OFFICE HOURS:
LIVE Q&A ON HABITS, BOUNDARIES,
AND COMMUNICATION**

Your Facilitator



ROBERT CHEN

Founder, Vana Lab
Lecturer at Wharton
Executive Coach at
Exec|Comm

**CLICK HERE TO
RESERVE YOUR SPOT!** 
(OR SCAN QR CODE)



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