



# COMMUNICATING LOVE

## Finding PRIDE in Courageous Conversations

Facilitated by Dr. Zan Struebing \*

Calling PARENTS of all ages and stages who could use some support in facilitating honest, caring, attuned conversations with their children.

**Sunday  
January 25,  
2026**

Held at **theHouse Next Door**.

**4:00 PM to 6:00 PM**

Register at: **hnd@popnj.org**



We invite you to grapple with these and other questions you may wish to bring to this safe space:

- When can we start to explore and discuss identity questions?
- What's in a name?
- Why do pronouns matter?
- When do we listen, and when do we speak?
- How can we offer thoughtful responses when we may not agree?
- Who gets to choose how our child(ren) will express themselves?
- Where can I go with my questions and my own sense of loss?
- What kind of parent do I want to be now and going forward?

\* Dr. Zan Struebing is a licensed psychologist, educator, and passionate presenter and practitioner of Mindful Self-Compassion. She facilitates groups to support the LBGTQIA+ community, exploring and embracing identity, and remains a staunch advocate. She has developed and led programs in positive parenting, mindfulness, and character education--at home and at the Kopila Valley School in Nepal. Dr. Zan believes fervently that cultivating positive relationships--both with oneself and others--is what it's all about!



The House Next Door  
173 Princeton-Hightstown Road

Parking is available at "the church next door"

Prince of Peace Lutheran Church  
177 Princeton-Hightstown Road  
Princeton Junction, NJ 08550