



Introducing a very important **CLASS FOR PARENTS OF YOUTH & TEENS**

program by Michael H. Popkin, Ph.D.

Active Parenting of Teens is a comprehensive new parenting program for **parents** of preteens and teens. The skills you learn in this class will give you confidence and courage to meet the challenges—and savor the joys—of your children's teen years.

Learn the basics of parenting a teen (plus some in-depth discussion of today's hot topics)

In this class you will learn what's going on in your teen's head, which will help you figure out why they do the things they do. You'll learn how to open up the lines of communication, encourage cooperation and responsibility, and discipline effectively. You'll also explore techniques for solving the inevitable problems that crop up.

Here's some topics we'll be covering:

- The Active Parent & Winning Cooperation
- Responsibility, Discipline, Courage, Redirecting misbehavior
- Drugs, Sexuality, and Violence: Reducing the Risks

Interested? Sign up now!

- Each week we will talk about important and empowering tools we can use when parenting our kids.
- You will walk away with more knowledge and some fun incentives for learning.
- This is available to any parents or guardians who care for a youth ages 10 to 18 years old.

Please call or email Anna with your name, contact information, district and time available for the class.

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