



Have you ever wondered why your teenager acts the way they act, or why they choose to do the things they do? Has communication become an obstacle for your teen and you? If you have answered yes to any of these questions, the GRHC BHS Prevention Program's Active Parenting class may be for you!

Objective of Class:

Each class is designed for discussions about important and empowering tools you can use when parenting your teenager. Participants will learn how to:

- Open up the lines of communication;
- Encourage cooperation and responsibility;
- Discipline effectively; and
- Explore techniques for solving the unavoidable problems that can rise.

This class is available to any parent or guardians who have a preteen or teenager within the ages of 10 years old to 18 years old in their care.

REMINDER:

I signed up for the Active Parenting session(s) on:

- THREE DAY SESSION** | Monday Feb. 13, Wednesday Feb. 15, and Friday Feb. 17 from 12:00 PM – 2:00 PM
District 6, Shegoi Building, Gila Crossing Conference Room
- TWO DAY SESSION** | Tuesday Jan. 24 and Wednesday Jan. 25 from 10:00 AM – 1:00 PM
District 1 Service Center
- ONE FULL DAY SESSION** | Monday February 20, 2017 from 9:00 AM – 4:00 PM
District 3 Huhukam Hospital, Building #2: Conference Room A/B

Emergencies, always dial 911 | GRIC Crisis Line 1-800-259-3449

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Active Parenting Registration Form

- Desired Training Dates:**
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Participant Name: _____

Preferred Form of Contact: Phone Call Email Text Message

Participant Email: _____ **Participant Phone:** _____

Participant Employer: GRIC GRHC OTHER | **Department:** _____

GRIC Member? Yes No

Return to Gila River Health Care BHS Prevention Program:

Facilitator: Anna Pacheco | **Phone:** (520) 562-3321 ext. 7031 | **Email:** apacheco@grhc.org | **Fax:** (602) 528-1374

Notes: _____ **Received Date:** _____