



## Class for Parents of Teens & Pre-teens

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.

Each class 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.

### ***Interested? Call or Email to Sign Up***

*\*May sign up at 1st class \*\*Must attend all 3 classes (6 hours total) in order to receive certificate*

Huhukam Hospital, Cafeteria ("Dietary Conference Room")		
Tuesday, <b>March 15</b>	Friday, <b>March 18</b>	Tuesday, <b>March 22</b>
12:00pm - 2:00pm	12:00pm - 2:00pm	12:00pm - 2:00pm
District 5 Multipurpose Building (Classroom)		
Tuesday, <b>April 5</b>	Wednesday, <b>April 6</b>	Thursday, <b>April 7</b>
8:30am - 10:30am	8:30am - 10:30am	8:30am - 10:30am

For these classes, please contact:

**Anna Pacheco** · 520-562-3321 x7031 · [apacheco@grhc.org](mailto:apacheco@grhc.org)

For class inquiry on the west end, please contact:

**Arvis Dosela** · 520-562-3321 x6436 · [adosela@grhc.org](mailto:adosela@grhc.org)