

THE CHALLENGE OF PARENTING TEENS TODAY

Are you anxious about parenting your teen? Do you worry about sex, drugs & alcohol, violence, eating habits, grades and friends? While your teenager's changing values may cause concern, parenting this age group can also be rewarding, exciting and fun!



This 6-week program based on S.T.E.P. (Systematic Training for Effective Parenting), provides a practical, hands-on approach to parenting teens that will help you understand your teen and guide him/her to be responsible, cooperative and independent. For parents of children from 12 – 16 years.

Topics include:

- Dealing with conflict
- Effective communication skills
- Appropriate discipline
- Coping with the intrusion of technology
- Talking to your teen about sex, drugs & drinking



We are not scheduling this group, but if you would like to put your own group together we will provide the facilitator at your location or ours (255 West 1st Street, North Vancouver). The cost is \$125/single and \$210/couple including manual. The minimum number is 12.

For further information, please call Mimi Hudson at 604-988-5281 or email: mhudson@familyservices.bc.ca