

Active Parenting of Teens

(For Parents of Children ages 12-18)

This six-session Active Parenting of Teens series will provide parents with guidance and support to transform the challenges of raising a teenager into opportunities for growth. Participants will learn:

- Styles of parenting
- Positive skills for clear, honest communication
- Respectful basic and advanced discipline techniques to teach your child to make better choices resulting in appropriate behavior
- Using the Think-Feel-Do Cycle to intervene and build self-esteem
- Concrete strategies to prevent risky behavior and help your child resist peer pressure
- Problem solving methods including using family meetings and the FLAC method
- 5 goals of teen behavior
- Decreasing power struggles
- Handling anger

Learn to become an encouraging parent and much more; including important issues such as teens online, bullying, alcohol and other drugs, sexuality and depression. Join us at the next session and see the difference ... as you make positive and realistic changes in your family's daily routine to gain greater happiness in your home! *(Parent Guides provided to participants at no cost)*

Dates 2019: January 23, 30, February 6, 13, 20 and 27 (Wednesdays)

Time: From 6:30 p.m. until 8:30 p.m.

**Location: Indian Ridge Middle, Media Center (unless otherwise specified at the entrance)
1355 Nob Hill Rd., Davie 33324**

Presenter: Emily Gonzalez-Abreu, ESE and Support Services Family Counselor, Certified Active Parenting Leader, Broward County Public Schools

**No Registration Required! For more information, contact
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