

STAYING CONNECTED WITH YOUR TEEN:

A six week workshop for parents with
Pre-teens & teens

- Week 1:** Adolescent growth & behavior; Risk factors for problem behavior
- Week 2:** Family meetings; Effective parenting styles; solving family problems
- Week 3:** Communication; The power of feelings; Anger Control
- Week 4:** getting your teen involved; Establish a Family Policy; Consequences
- Week 5:** Peer influences; refusal skills; supervision strategies; Bonding
- Week 6:** Substance abuse education by A/D Counselor from MCCFL.

Winter 2019 Sessions:

Thursdays, 10:00a.m- 12:00p.m.

February 7th, 14th, 21st, 28th

March 7th & 14th

****Must attend all classes to receive certificate of completion****

Location:

Wasco County Youth Service

202 East 5th Street

The Dalles OR 97058

To Register Call: Lori Loranger (503) 908-6867.

The classes are **FREE**, and snacks will be provided. Limited space available, RSVP your spot.