



Active Parenting of Teens

A 6-week virtual parenting class for parents of teens
taught by Sharon Lovelady.

Dates: 3/23, 3/30, 4/6, 4/13, 4/20, 4/27
Time: 6-8 pm

Turn challenges into opportunities.

Participants will learn:

- Methods of respectful discipline
- Create a harmonious and stable family
- Skills for clear, honest communication
- Strategies to help your teen be prepared for independent life.
- Concrete strategies to prevent risky behavior.
- How to be an encouraging parent
- Insights into critical issues such as internet use, bullying, sleep, and depression.

Register here: <https://conta.cc/3o9mTjy>

Cost for materials: \$25

(If you need a scholarship, please email gwen@cfslo.org for the code to register at no charge)

Questions: Call or Text 805-543-3700

Gwendolyn Garcia, Parent Connection Program Coordinator



WELLNESS • RECOVERY • RESILIENCE