

Positive Discipline for Adolescents

Empowering your teens and yourself through kind and firm parenting

Remember when your teen was a baby just learning to walk? You did not want to miss any of it, and you were very supportive and encouraging. You helped your child accomplish their milestones. Now, you have a teen who is learning to be an adult, learning who they are, separate from their parents, and parenting may need to adjust to fit the adolescent's needs. Join this class to help you feel more confident and strategies to help make parenting your adolescent more enjoyable.

Class Objectives:

- Develop an understanding of the adolescent brain.
- Strategies to help improve the parent-teen relationship.
- Identify practical discipline approaches.
- Helping your teen to pursue their goals.
- Strengthen the parent-teen relationship.
- And much more!



Dates: April 8, 15, 22, & 29 (4 Thursdays)

Time: 7-8:30 pm

Cost for books and material: \$20 *Scholarships are available; contact Gwen at gwen@cfsslo.org

Registration Required: <https://conta.cc/3osrLRc>

Questions: Call Gwen at 805-543-3700

Educator: Deanne Ririe,

Learn more about Deanne by visiting: <https://sloparents.org/parent-educators/>