



Parenting my 13-15 year old



**Learn More
& Register**

Tuesdays
3/28, 4/4, 4/11
~ 2023 ~
6:00-7:30 PM

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The teenage years can be challenging and rewarding for parents and adolescents. Teens still need active parenting, although it may look different than parenting your younger child.

We'll cover practical strategies which are effective and research-based.

- Study how the teen brain develops and what is happening at this stage in their life
- Explore successful ways to have positive communication with your teen and how to support their growing responsibility and independence
- Learn concrete strategies to prevent risky behaviors and support your adolescent to resist negative peer pressure.
- Learn how to turn discouragement into encouragement and effective, respectful ways to discipline



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Location: On Zoom!

Educator: Deanne Ririe

Questions: Call or text Deanne at 805-788-8206

Learn more & register: <https://conta.cc/3H6JRVP>

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