

You're invited to attend

Active Parenting of Teens :)

For Parents of Teens and Tweens

The challenge of successfully ushering children through their teen years has always been among parents' hardest-won achievements. But in today's society where children seem to become adults overnight, and where they often make decisions about drugs, sexuality, and violence before they understand the consequences, a parent's job is more important than ever. So how can you ensure that your teens develop the skills and character they need to not only survive but to thrive as they gain independence?

You *can* create harmony and stability in your family while raising your teens to be responsible, courageous and prepared for independent life. *Active Parenting of Teens*, a video and discussion program by parenting expert Dr. Michael Popkin, will show you how. In six sessions packed with activities, discussion, real-world examples, and feedback, you'll learn a proven approach to parenting, plus indispensable techniques and insights for overcoming obstacles, that will bring happiness and harmony into your home. You'll leave each session energized and motivated to make positive and realistic changes in your own family's daily life.

Since 1983, millions of families have learned the benefits of Active Parenting. Now it's your turn.

Join us at the next session and see the difference!

Narrated by TV mom Daphne Maxwell-Reid ("The Fresh Prince of Bel-Air") and by the author, Dr. Michael Popkin

Active Parenting of Teens will give you the guidance and support you need to turn the challenges of raising a teenager into opportunities for growth. You'll learn:

- Methods of respectful discipline
- Skills for clear, honest communication
- Concrete strategies to prevent risky behavior
- How to be an encouraging parent

... and much more, plus insight into important issues such as teens online, bullying, and depression.



SIGN UP NOW!

Date: Tue 4/25, 5/2, 5/9, 5/16, 5/23

Time: 6:00-7:30 pm

Sponsored by: Rensselaer County Prevention Student Assistance Program

Location: Held virtually via Google Meet (Register at <https://forms.gle/szH61d8Sa1jtsprX7> for link)

To register, contact: Alyssa Evans, LMHC or Kim Favro, MS; Link Above; Scan QR Code

Phone: (518)674-7120; (518)674-7028

E-mail: evansa@apcsd.org; favrok@apcsd.org

Other Details: 5 Week Parent Workshop & Support; Free of Charge; Parents of Teens and Tweens.

