

# Prepare YOUR

# TEEN

# FOR THEIR

# FUTURE



## 3 Session Parenting Series

Located at Cabrillo College - 6500 Soquel Dr. Aptos - room 1522

### Class #1 The New Territory of the Teenage Years

Sat., April 11th, 10 am - 1 pm

Feel like your child has changed overnight and no longer listens to anything you have to say? This class explains why that is by offering parents greater knowledge of this new developmental phase. Explore what you want for your child and gain a clearer perspective on how to navigate what lies ahead. Learn about the changes occurring in the teenage brain and the importance of brain function for clear communication. This class also teaches simple and effective tools to gain cooperation and encourage participation in the family, the household and future aspirations.

### Class #2 Preparing Your Teen For Their Future

Sat., April 25th, 10 am - 1 pm

Learn how you can help prepare your teenager for their future as you move from the pilot's seat into the co-pilot's seat. This class will explore the changing role parents must play as their teenagers individuate. It also addresses how to develop your teen's sense of intrinsic motivation so that they become active agents in preparing for their future. Understand how to avoid parenting from a place of unresolved issues of your own past. Develop communication skills to promote understanding and cooperation, and help build accountability and responsibility!

### Class #3 Parents & Teens Together, Setting the Course

Sat., May 9th, 10 am - 1 pm

The final class in the series invites you and your teenagers to attend together. Having both parents and teenagers in class is an opportunity to explore ways to work in partnership on mutual goals. Together, you will practice establishing routines for studying, family life, and more. You will also learn how to have family meetings and collaboratively make agreements on issues of importance. Both parents and teenagers will develop tools for improved communication and be able to see change as a continuum with opportunities for the future.

PRESENTED BY...



REGISTER

Each session is **\$24 before Feb 23 | \$28 after**  
or ALL 3 sessions **\$65 before Feb 23 | \$75 after**

To register call 831-479-6331 or visit:

[www.cabrillo.edu/services/extension/parenting.html](http://www.cabrillo.edu/services/extension/parenting.html)