

# NAVIGATING THE

# TEEN YEARS

## WITH POSITIVE DISCIPLINE



## 2 Parenting Series

starting: Sept 25th & Oct 1st

### Part 1

Thurs 7-9pm, 9/25 - 11/13

Part 1 is an introduction on how to use Positive Discipline with teenagers. This 8 week class provides an opportunity to learn new tools and skills to communicate with your teen or preteen that will be effective both in the short term and long term. Learn how to make agreements and follow through, develop your teen's intrinsic motivation, and better understand the changes of the teenage brain.

**Taught by:** Stephanie Tam Rosas

\*to learn more about this series call 831-920-3835

### Part 2

Wed 7-9pm, 10/1 - 11/19

Part 2 goes beyond the basics and is open to parents who have taken the first 8 week series in the past, or who are already familiar with Positive Discipline and need support with more challenging teen behaviors. This 8 week class gives parents even more tools to support themselves and their teens. It also addresses difficult topics like screen time, drug use, sex, and healthy relationships.

**Taught by:** Jane Weed Pomerantz

\*to learn more about this series call 831-239-5543



Positive  
Discipline  
Community  
Resources

**Where:** Santa Cruz Adult School, 319 La Fonda Ave, Santa Cruz rm5

**Cost:** \$80 for each 8 week series (Part 1 or 2) + \$20 fee for book & materials

**Register at:** [www.adultedreg.com/santacruz](http://www.adultedreg.com/santacruz) or call 831-429-3966

**Learn more at:** [www.PDCRsantacruz.org](http://www.PDCRsantacruz.org)



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