

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., July 9, 10am-1pm

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 developmental phase
- Gaining a clearer perspective on how to navigate what lies ahead
- Realizing what you actually want for your teen vs past expectations
- Learning about changes occurring in the teenage brain and how to communicate given those changes

Class #2 Preparing Your Teen For Their Future

Sat., July 16, 10am-1pm

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 covers:

- The changing role parents must play and how to do it in a supportive way vs enabling way
- How to develop your teen's sense of intrinsic motivation
- How to make agreements
- Different forms of discipline from logical consequences to rewards & punishment to focusing on solutions

Class #3 Parents & Teens Together, Setting the Course

Sat., July 23, 10am-1pm

This class invites you and your teenagers to attend together! Explore ways to work in partnership on mutual goals with your teen. Together, we will:

- Practice respectful and helpful forms of communication
- Deepen our emotional vocabulary for effective communication
- Learn how to work best with each other's personalities
- Learn how to have family meetings and make agreements

PRESENTED BY...

Cabrillo College Extension
COMMUNITY EDUCATION



Positive Discipline Community Resources

REGISTER

Each session is **\$28** before June 6 | **\$32** after or ALL 3 sessions **\$75** before June 6 | **\$85** after

To register call 831-479-6331 or visit:

www.cabrillo.edu/services/extension/parenting.html