

# Prepare YOUR

# INDIAN

# FOR THEIR

# INDIVIDUAL



## 3 Session

## Parenting Series

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

Sat., July 12th, 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., July 26th, 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., Aug 9th, 10 am - 1 pm

The final class in the series invites the teenagers to attend with their parents. Having both parents and teenagers in class is an opportunity to explore ways to work in partnership on mutual goals. Together, they will practice establishing routines for studying and family life with family meetings, and making agreements on issues of importance. Both parents and teenagers will learn tools for improved communication and see change as a continuum with opportunities for the future.

PRESENTED BY...

**Cabrillo College**  
Breakthroughs happen here.™



REGISTER

Each session is **\$24 before June 9 | \$28 after**  
or ALL 3 sessions **\$65 before June 9 | \$75 after**

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