

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.

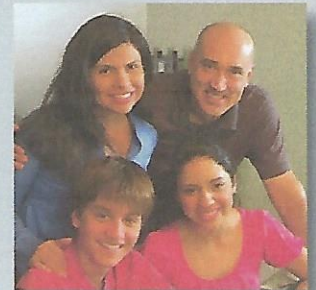
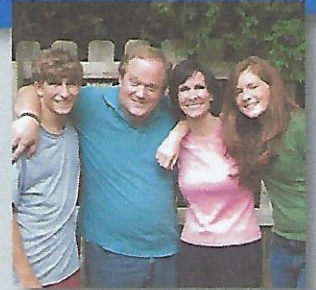
Since 1983, millions of families have learned the benefits of Active Parenting. Now it's your turn.

Join us at the next session and see the difference!

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.



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

Active Parenting
of Teens :)
third edition

SIGN UP NOW!

Date: Once a month, please see Page 2

Time: 4:15 to 5:45 or 6:00 to 7:30 p.m.

Sponsored by: St. Mary's Religious Education and Parenting Programs

Location: St. Mary's School or Religious Education Office

To register, contact: Catherine Cwiakala

Phone: 845-896-6400

E-mail: ccwiakala@yahoo.com

Other Details: Please see Page 2 for further details.



Session I: The Active Parent

Tuesday, September 25, 2018

- Teens today
- Styles of parenting
- Control vs. influence
- Mutual respect
- Method of choice

Session II: Winning Cooperation

Tuesday, October 23, 2018

- Who owns the problem?
- Active communication with teens
- Promoting cooperation between parents and teens

Session III: Responsibility & Discipline

Tuesday, November 27, 2018

- Basic discipline
- Problem-solving with FLAC
 - "I" Messages
- **Time 4:15 to 5:45 or 6:00 to 7:30 p.m.**
- **No session in December.**
- **Option to attend as many sessions as you wish.**
- **Fee: First Session Free then, \$5.00 per session – waived if needed.**
- **Books available at St. Mary's Parish Office and Religious Education Center.**
- **Facilitator: Catherine Cwiakala**

Session IV: Responsibility & Discipline

Tuesday, January 22, 2019

- Advanced discipline skills & logical consequences

Session V: Building Courage, Redirecting Misbehavior

Tuesday, February 26, 2019

- The Think-Feel-Do Cycle
- Courage and self-esteem
- Five goals of teen behavior
- Power struggles

Session VI: Drugs, Sexuality, and Violence: Reducing the Risks, Part 1

Tuesday, March 26, 2019

- Overview of the issues
- Prevention strategies 1-4 (with a focus on sexuality)

Session VII: Drugs, Sexuality, and Violence: Reducing the Risks, Part 2

Tuesday April 23, 2019

- Prevention strategies 5-10 (with a focus on alcohol and other drugs)