



BRIDGING THE GAP BETWEEN YOU AND YOUR ADOLESCENT: PRACTICAL STRATEGIES FOR PARENTS

FEBRUARY 20, 2019
6:00-8:00PM

If uncommunicative, moody, argumentative and sometimes totally irrational describes your adolescent, then you are in good company! There is no doubt that the adolescent years present a challenge for both parents and children. Adolescents need strong and supportive parenting at the exact moment that they begin to push their parents away. If you find yourself feeling frustrated and confused as to why your son or daughter behaves a certain way and are not sure how to handle it, then this training is for you. This training will provide some simple tools parents can immediately use to minimize their adolescent's difficult behaviors and maintain control while avoiding power struggles.



Interested to know why your adolescent behaves a certain way?

Are you looking for some simple strategies to increase compliance?

Want to stop arguing and start communicating?

**CUSD DISTRICT OFFICE
BOARD ROOM**

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Childcare Provided