



Parenting Teens and Preteens

An eight-week group series.

Workshop sessions include:

- ◆ Understanding your parenting style and teen development.
- ◆ How to negotiate choices, build self-esteem and courage.
- ◆ How to encourage and positively influence your teen.
- ◆ Communication and language.
- ◆ Sidestepping the power struggle.
- ◆ Encouraging problem solving.
- ◆ Effective discipline.
- ◆ Active communication.
- ◆ Maintaining influence.

Winter 2009 session dates

Jan. 20, Jan. 27,
Feb. 17, Feb. 24,
March 3, 24, 31 and
April 7

Spring 2009 session dates

April 21, 28
May 5, 12, 26,
June 2, 9 and 16

Time

Tuesday evenings from 6 to 8 p.m.

Location

The Regional Municipality of Durham Headquarters
605 Rossland Rd. E., WHITBY

Fee

\$125 per person

\$165 per couple

Please request subsidy if needed.
Workshops are **FREE** for Ontario Works clients.

For information or registration, please call
Family Services Durham at 905-683-3451.



The Regional Municipality of Durham
Social Services Department
www.region.durham.on.ca

Family Services Durham

"Helping you find your inherent strength,
courage and wisdom."