



**FOR PARENTS OF
CHILDREN 12-16
YEARS OLD**

TRIPLE P (POSITIVE PARENTING PROGRAM) *TEEN SEMINAR SERIES*

Triple P is an evidenced based program that gives parents simple tips to help manage the big and small problems of family life. Problems like teenage rebellion, self-esteem issues, disobedience, or aggression.

THURSDAY, 14 SEPTEMBER 1130-1300 SEMINAR 1 *RAISING RESPONSIBLE TEENAGERS*

Raising Responsible Teenagers discusses the realities of raising teenagers today. The seminar will introduce parents to the six key ingredients to help teens become mature young adults: taking part in family-decision making, being respectful and considerate, being involved in family activities, developing a healthy lifestyle, being reliable, and being assertive.

THURSDAY, 21 SEPTEMBER 1130-1300 SEMINAR 2 *RAISING COMPETENT TEENAGERS*

Raising Competent Teenagers builds on the foundation seminar and teaches parents how they can use positive parenting principles to help teens be successful in school, work, and beyond. The seminar addresses how to teach teens important values and skills including: developing self-discipline, being a good problem solver, establishing routines, getting involved in school activities, following school rules, and having supportive friends.

THURSDAY, 28 SEPTEMBER 1130-1300 SEMINAR 3 *GETTING TEENAGERS CONNECTED*

Getting Teenagers Connected focuses on how parents can help teenagers get connected in positive ways. There are six key ingredients that help give our teenagers the best opportunity to have a successful and enjoyable social and recreational life. These are: being confident, being socially skilled, planning ahead, keeping commitments, keeping in touch, and taking care of others.

**SEMINAR LOCATION: BUILDING 6E
PARENTS NEED TO REGISTER WITH:
LAURA TEXIER AT (619) 524-1200**



Family
Advocacy
Program

