

6 part virtual series for parents  
(grades 7-12)

# Active Parenting Teens

This 6 week virtual program will show  
you effective ways to:

- improve communication with our children;
- open up lines of communication
- teach responsibility, courage and other important character traits
- prevent future problems with drugs, alcohol, & sex
- defuse power struggles with your children
- stimulate independence as your child grows
- stop scolding & start smiling with your kids!



\*Each registration fee of \$75 comes with a Parent's Guide and Workbook.

Join us  
virtually on  
Zoom!

Fear, uncertainty, and being confined up at home to slow the spread of COVID-19 can make it tough for families to keep a sense of calm. But it's important to help children feel safe, keep healthy routines, manage their behavior and build resilience. Parenting it isn't always easy.

Beginning  
TUESDAYS  
August 4, 2020  
7:00-8:30PM

For registration and book distribution please email, Kathleen Coletta at  
[kcoletta@yescoc.org](mailto:kcoletta@yescoc.org)

