

sponsored by

TUSD Building Bridges



You're invited to attend

ACTIVE PARENTING FOR TEENS

For Parents of Teens and 'Tweens

It's a tremendous responsibility to raise your teen to be thoughtful, responsible, courageous young adults. You can help them develop the skills and character they need to thrive as they gain independence. In these sessions filled with activities, discussions, and real-world examples *ACTIVE PARENTING OF TEENS* will give you the support and techniques you'll need to meet these challenges

You will learn:

- Methods of respectful discipline
- Skills for clear, honest communication
- Specific strategies to prevent risky behavior
- How to be supportive, encouraging parent
- Insight into important issues such as bullying, depression, and social media and much more

VIRTUAL **Parenting Class**

MONDAYS

**Oct 10 to Nov 14 from
5:00pm to 7:00 pm**

*Link will be provided via
email after signing up*

SIGN UP HERE
OR



**SPACE
IS
LIMITED**