



# Active Parenting of Teens on Zoom

## For parents of teens and 'tweens

**Purpose: To provide training and support for families experiencing the dynamic changes of teenage development and to help parents and other caregivers prepare teens and preteens to survive and thrive in society.**

Active Parenting of Teens will give you the guidance and support you need to turn the challenges of raising a teenager into opportunities for growth.

You will learn:

- Methods of respectful discipline
- Skills for clear, honest communication
- Concrete strategies to prevent risky behavior
- How to be an encouraging parent
- Insight on issues such as teens online, bullying and depression



**Wednesdays 6:30-8pm**  
**12-week series begins September 22, 2021**

**To register, go to: [www.lrcs.org/parentedregistration](http://www.lrcs.org/parentedregistration)**  
**or email: [tricia.tousignant@lrcs.org](mailto:tricia.tousignant@lrcs.org)**

