



# ACTIVE PARENTING OF TEENS

2009 ~ 2010

THE TEEN YEARS ARE FILLED WITH CHANGE AND CHALLENGE.



“Active Parenting of Teens” is a program that helps parents meet the challenges of parenting teens and preteens in today’s turbulent society. Parents will learn the skills they need to communicate effectively with their teens, encourage better behavior, use positive discipline techniques, and teach responsibility.

“Active Parenting of Teens”, presented by Laurie Wong, is a Michael Popkin, Ph.D. series which includes video, discussion, and practical solutions.

*See reverse side for class schedules and registration.*

## YOU WILL LEARN:

- How to talk with your adolescent about violence, sex, alcohol and other drugs
- Solving problems together
- Reinforcing your adolescent’s courage and inner strength
- Building your adolescent’s sense of responsibility
- Communicating effectively and gaining respectful behavior from your adolescent
- How to discipline adolescents
- Ways to make parenting less stressful

## COST:

Cost for the series is \$39 for individual, \$69 for couples, plus \$15 for “Active Parenting” book.

## ▶▶▶ CALL FOR INFORMATION:

**858-668-4084**

## SCHEDULE OF CLASSES: 2009 ~ 2010

**DATES:**

Tuesdays: **October 27 - November 17, 2009**  
6:30 - 8:30 p.m.

BLACK MOUNTAIN MIDDLE SCHOOL  
Library / Learning Resource Center  
9353 Oviedo Street  
San Diego, CA 92129

Thursdays: **February 25 - March 18, 2010**  
6:30 - 8:30 p.m.

TWIN PEAKS MIDDLE SCHOOL  
Library ~ Room 815  
14640 Tierra Bonita Road  
Poway, CA 92064

Tuesdays: **April 20 - May 11, 2010**  
6:30 - 8:30 p.m.

BERNARDO HEIGHTS MIDDLE SCHOOL  
Library / Learning Resource Center  
12990 Paseo Lucido  
San Diego, CA 92128

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### TO REGISTER:

Please complete the registration form (see below) and mail with your check to:

Poway Unified School District  
Student Support Services  
**ATTN: Caring Connections Center**  
13626 Twin Peaks Road  
Poway, CA 92064

Reservations are accepted on a first-come, first-serve basis. Checks should be made payable to: **PUSD**

You will receive a reminder phone call or e-mail prior to the first class.

For more information, please call: **858-668-4084**

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### Please sign me up for the 2009-2010 Active Parenting of Teens series:

Name (s): \_\_\_\_\_

Address/City/Zip: \_\_\_\_\_

Phone(s): Home: \_\_\_\_\_ Work/Cell: \_\_\_\_\_

E-mail (for class reminder): \_\_\_\_\_

Amount enclosed: \$69 couple      \$39 Individual      Plus Text Book \$15      Total = \_\_\_\_\_

Series (check ONE)       Black Mountain       Twin Peaks       Bernardo Heights

School(s) your child(ren) attend: \_\_\_\_\_

How did you hear about this workshop?

School       Newspaper       Direct Mailing       Other