



# ACTIVE PARENTING OF TEENS

2010 ~ 2011

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. **Sorry No Refunds.**

## ▶▶▶ CALL FOR INFORMATION:

**858-668-4084**

## SCHEDULE OF CLASSES: 2010 ~ 2011

**DATES:**

**Thursdays: 1/20, 1/27, 2/3, 2/10**  
**6:30-8:30**

**Twin Peaks Middle School**  
Library / Learning Resource Center  
14640 Tierra Bonita Road  
Poway, CA 92064

**Thursdays: 3/3, 3/10, 3/17, 3/24**  
**6:30-8:30**

**Mesa Verde Middle School**  
Library / Learning Resource Center  
8375 Entrekem Way  
San Diego, CA 92129

**Wednesdays: 4/27, 5/4, 5/11, 5/18**  
**6:30-8:30**

**Meadowbrook Middle School**  
Library / Learning Resource Center  
12320 Meadowbrook Lane  
Poway, CA 92064

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### TO REGISTER:

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

Poway Unified School District  
**ATTN: Caring Connections Center**  
13626 Twin Peaks Road Bldg. 300  
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 2010-2011 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 = \_\_\_\_\_

*SORRY, NO REFUNDS.*

Series (check ONE):  
 Twin Peaks     Mesa Verde     Meadowbrook

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

How did you hear about this workshop?  
 School     Newspaper     Direct Mailing     Other