

Staying Connected with Your Teen

a **3-week** series for parents of **7-10th graders** who want to learn how to avoid the risk of substance abuse and other problem behaviors in adolescence.



Preparing Teens for success in life means -

- Managing family conflict.
- Building stronger family bonds.
- Reducing known risks - increasing protection.
- Improving you *and* your teen's communication skills.

"I wish more people knew what your class covered, it should be required for High School entry!"

What you will learn:

Session 1- Adolescent Growth & Teen Brain research – local survey data

Session 2- Making Family Decisions & Solving Family Problems

Session 3- Setting Family Policies with Teen involvement

Session 4- Communication & the Power of Feelings

*Session 5- Peer Influence - Refusal/Negotiation Skills – **Drug Dog appearance & Law Enforcement featured!***



Sessions 1-3 ~ Mondays: 3/1, 3/8, 3/15
Time: 6:30-8:30 pm
Location: Mt. Si High School – Career Center

Sessions 4-5 ~ Saturday: 3/20
Time: 11-4 pm
Location: Mt. Si High School – **Teens attend with parents** 😊

\$30.00 donation accepted towards cost of Family Guide

***To Register just call or click
Phoebe 425-888-6683 x 204 or phoebe@friendsof youth.org***

Class being offered by Friends of Youth and funded by King County's Alcohol & Other Drug Prevention Program, with funds from the State of Washington-Division of Behavioral Health & Recovery, King County Community Organizing Program, Snoqualmie Valley Community Network & SVSD PTSA's.

