



LRCS Family Resource Center of Central New Hampshire and Laconia Middle School invite you to:

# Active Parenting of Teens

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 care givers prepare teens and preteens to survive and thrive in a democratic 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'll 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

**Monday evenings from 6:00-8:00 pm at LMS**

\$20 materials fee per family. Scholarships available.

6 sessions - Jan 9, 16, 23, 30, Feb 6, 13

Facilitated by Peter Andreasen & Erin Klasen

**For more information call 524-1741 x 15**



in partnership with Laconia Middle School

< tear here

## Active Parenting of Teens

Registration Form

Please complete and submit to LMS guidance office no later than **December 16, 2011**

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone number \_\_\_\_\_

Ages of children \_\_\_\_\_ Amount enclosed: \_\_\_\_\_

cash \_\_\_\_\_ or check # \_\_\_\_\_

Please make check payable to **The Family Resource Center of Central New Hampshire**