PARENTING CLASS SERIES

A 7-Session Live Virtual Class via Zoom

For All Parents of Teenagers

Saturdays 10:00–11:00 am EST | October 29 – December 17, 2022

Seven 1-hour sessions adapting

The Systematic Training for Effective Parenting of Teens

- **Skills that will improve our relationships with our teens.** These valuable and easy-to-learn skills strengthen us to become the best version of ourselves as a parent.
- **Offered by a STEP of Teens educator and trainer via Zoom.** Over half a million parents have taken the full-version of STEP of Teens with in-person classes, but is now adapted for virtual groups.
- **The fee for the class is $100 for the entire series per household.** Scholarships available if needed. Please email: zoomparentingclass@familykind.org **Subject:** Scholarship.
- **Registration is on the familykind.org website.** Parents are encouraged to purchase the STEP Parenting Teenagers Handbook online at steppublishers.com however, it is not required.
  For more information, contact: zoomparentingclass@familykind.org **Subject**: Parenting Teens Class.
- **Weekly handouts** will be emailed to each registrant for review prior to and during class.
- **The Zoom link will be given to all registrants.** FamilyKind does not share email information with other organizations or class participants.
- **Please share this flyer** with co-parents, extended family members, friends, colleagues, school, community, agency clients and your social media links. When class is over, all participants who attended at least 5 of the 7 sessions will be sent a Letter of Completion.

Session Topics:

Session 1 - Understanding Yourself and Your Teenager
Session 2 - Changing Your Response to Your Teen
Session 3 - Communicating Respect and Encouragement
Session 4 - Encouraging Cooperation and Solving Problems
Session 5 - Using Consequences to Build Responsibility
Session 6 - Deciding What to Do: Part 1

Sponsor:

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Parenting Education is Fun and Rewarding. Come Be Amazed!

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