

Center for Parents and Teachers

"Guiding Good Choices" - Four sessions on how to Parent Pre-teens and Teens through a Healthy Adolescence"

Led by Professional Certified Coach, Kathy Bowen (and former Concord Public Schools Health and Wellness Coordinator)

When it comes to understanding and responding to the significant physical, emotional and social changes that take place during the adolescent years, it can be a challenge for parents. Parenting is the one job for which there is no formal training, therefore it's helpful to have some "coaching" along the way. The 4-part workshop, *Guiding Good Choices* offers parents and caregivers just that opportunity. Led by Certified Professional Coach, Kathy Bowen, the series will address the pre-teen and teenage social environment and your relation to it. It will help you develop family guidelines and expectations for behavior, lead you in exploring your family dynamics and offer tools on how to foster positive communication and strengthen the family bond. You will gain practical strategies to help you guide your child into making responsible decisions that will ensure health and wellness in all aspects of their lives. This parenting program has brought about remarkable results for the families who have participated in it. The program addresses the needs of participants by challenging them to try out techniques designed to elevate family communication and clarify family values. Presentation, discussion and hands-on activities are incorporated each week. Come learn and share your struggles as well as successes. The series runs on four Wednesday evenings: April 13, 27, May 11 and 25 from 7:30-9:00PM at the Ripley Building, 120 Meriam Road, Concord, MA 01742. Pre-registration required. Registration fee is a sliding scale of \$65-\$80 (your full payment helps those who can only pay part). Please contact the Center for Parents and Teachers at amartinez@colonial.net or 978-202-1143. Check out our website for more information on programs: centerforparentsandteachers.org. Partially funded through a grant from the Drug Free Schools.