

Active Parenting of Teens



Join other parents of teens and “tweens” for a six-week program that covers the following topics:

- Building open communication with your teen
- Understanding teen behavior and ways to avoid power struggles
- Discipline techniques that encourage responsibility
- Building positive self-esteem and character
- Holding Family Meetings to plan, prevent and problem solve

Teens, like most people, want to be understood. This program will give parents guidelines that will build a cooperative relationship during difficult times when teens are faced with peer pressure including: alcohol and drug use, fitting in and issues related to social media. Although, teens seem to want to push us away, this is a time when they really need support from parents.

Date: Tuesday, January 24 & 31, February 7, 14, 21 & 28 and/or March 6, 2012*

Time: 6:00-8:00pm

Location: Boys & Girls Club of Greater Nashua
47 Grand Avenue, Nashua

Presented by: Maura McGowan,
Prevention Makes Cents

The program is FREE; a parenting guide is available for purchase for \$15 per book. A certificate of completion will be awarded to all parents that attend all six sessions.

Active Parenting is presented by Prevention Makes Cents and funded by a generous grant from the Ella Anderson Trust.

* Dates subject to change due to weather and vacation week. Program is closed after second session.

This series is offered
FREE OF CHARGE
*at the Boys & Girls Club
of Greater Nashua*

47 Grand Avenue, Nashua

Complimentary child care is available. Children age 8 and over are invited to participate in Boys & Girls Club of Greater Nashua programs when parents participate in Family Resource Center of Greater Nashua programs.

**PRE-REGISTRATION BY
MONDAY, JANUARY 17, 2012
IS STRONGLY SUGGESTED**

Register by call Lori Fowler at
(603) 883-0523, x 215 to register.

Child Care Pre-Registration is Required.

Call Lori at (603) 883-0523, ext 215 to make arrangements for child care or club usage.

Register on-line at:
FRCNashuaPrograms@gmail.com



The Family Resource Center of Greater Nashua is a collaborative effort of a group of Nashua family-serving organizations led by the Adult Learning Center, Boys & Girls Club of Greater Nashua, Child and Family Services, Greater Nashua Healthy Community Collaborative, Prevention Makes Cents, Southern New Hampshire Services, and the UNH Cooperative Extension-Hillsborough County.