

# Active Parenting for Teens



There is no denying it, parents and teens are often at odds — but it does not have to be that way. Join us for a five session workshop, that is proven to increase family connectedness and encourage positive behavior.

Learn strategies and techniques to build a harmonious relationship with your teen through:

- learning what it takes to be an active and involved parent
- effective communication skills to use with your teen
- building courage in your teen and how to redirect misbehavior
- understanding the risks teens face, for example alcohol and drugs

**Wednesdays**

**January 24 - February 28, 2018**

**9:30 - 11:30 a.m.**

Mission Hospital Laguna Beach  
31872 Coast Highway  
Laguna Beach, CA 92651

**To register or for more information, please call Sherryl Ramos at (714) 834-4369.** Space is limited.

A certificate of completion will be given to participating parents who complete the series.

Presented by the County of Orange Alcohol Drug Education and Prevention Team (ADEPT).