

# PARENT UNIVERSITY

## ACTIVE PARENTING OF TEENS

Call our office for information:  
**858-668-4084**

February through March 2010

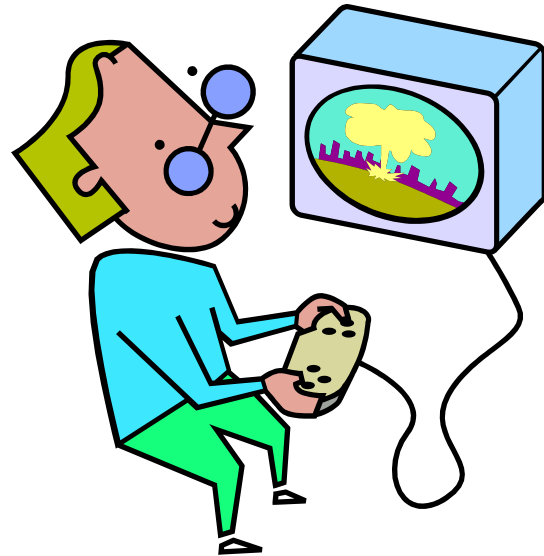
**The teen years are filled with change and challenge.**

“Active Parenting of Teens” is a program that helps parents meet the challenges of parenting teens and preteens in today’s turbulent society. Parents will learn the skills they need to communicate effectively with their teens, encourage better behavior, use positive discipline techniques and teach responsibility.

“Active Parenting of Teens” by Michael Popkin, Ph.D. is a series which includes video, discussion, and practical solutions. Presented by Laurie Wong.

### You will learn:

- How to talk with your adolescent about violence, sex, alcohol, & drugs
- Solving problems together
- Reinforcing your adolescent’s courage and inner strength
- Building your adolescent’s sense of responsibility
- Communicating effectively and gaining respectful behavior from your adolescent
- How to discipline adolescents
- Ways to make parenting less stressful



### Co-sponsors:

- Poway Unified School District’s Caring Connection Center

### Cost:

- Cost for series is \$39 for one parent, \$69 for couples *plus* \$15 for the Active Parenting book

**See reverse side for series listing and registration**



# February-May 2010

**Twin Peaks Middle School**  
14640 Tierra Bonita Road  
Poway, Ca 92064  
Dates: Thursdays: 2/25 , 3/4, 3/11, 3/18  
Time: 6:30pm – 8:30pm, Library (Rm. 815)

Parent comments: "Really enjoyed it", "appreciated input from other parents with same challenges", "it helped me know what I'm going to do if situations arise", "Excellent...I needed to have taken it before", "we need more...sequel would be great".

**Bernardo Heights Middle School**  
12990 Paseo Lucido  
San Diego, CA 92128  
Dates: Tuesdays 4/20, 4/27, 5/4 and 5/11  
Time: 6:30pm-8:30pm

*Please mark your calendar*

**To register: mail your check and registration form to:**

PUSD Student Support Services  
ATTN: Parent University  
13626 Twin Peaks Road  
Poway CA 92064

Reservations will be taken on a first come, first-served basis.

You will receive a reminder phone call or e-mail prior to the first class.

**For more information: 858-668-4084**

(Checks can be made payable to: PUSD)

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**Please sign me up for the 2009-2010 Active Parenting of Teens series**

Name(s) \_\_\_\_\_

Address \_\_\_\_\_

Phone number: wk/cell \_\_\_\_\_ hm \_\_\_\_\_

E-mail address (for class reminder): \_\_\_\_\_

**Amount enclosed:** \$69. couple, \$39. Individual **plus** Text Book \$15.00 each. Total = \_\_\_\_\_

Series: (check one)  Twin Peaks MS  Bernardo Heights MS

School(s) your child(ren) attend \_\_\_\_\_

HOW DID YOU HEAR ABOUT THIS WORKSHOP? SCHOOL \_\_\_\_, NEWSPAPER \_\_\_\_, DIRECT MAILING \_\_\_\_, OTHER \_\_\_\_\_