

PARENT EDUCATION SEMINARS



GUSD and the Crescenta-Cañada Family YMCA are sponsoring a support resource to all parents of Rosemont, CV and Clark students during the entire school year. Please join **Pam Erdman, MFT** and **Paul Royer, LCSW** for presentations and discussions on parenting teens. These are one-hour meetings **every Tuesday evening** (except during school holidays). Several sessions will be conducted at CVHS but the majority of the seminars will be conducted at the Crescenta-Cañada Family YMCA. Encourage fellow parents to attend as well. The pre-teen and teenage years are turbulent and this is an opportunity for direct support.

SEPTEMBER

9/13 @ YMCA 7:15 pm PAM ERDMAN - Parenting Foundations: Parenting is a great privilege but also can be confusing and aggravating. At our first meeting of the school year we will discuss the *ONE most important aspect of parenting*. When we as parents understand how to build a strong parenting foundation, we will be far less confused and aggravated.

9/20 @ YMCA 7:15 pm PAM ERDMAN - Communication with Teens Part 1: Come and hear the three most important aspects of communication between parents and teens. Feeling more confident about your ability to communicate with your pre-teen or teenager can transform the course of your relationship.

9/27 @ YMCA 7:15 pm PAM ERDMAN - Communication with Teens Part 2: Some teens talk a lot about their life and experiences, but many stop talking when they hit adolescence. We worry when they are silent, because we don't know what is happening in their lives. We will explore ways to help our children to be more honest and communicative.

OCTOBER

10/4 @ YMCA 7:15 pm PAUL ROYER - Risky Behavior: Teens are prone to experiment with risky behavior including mentally checking out of school, driving fast and use of drugs and alcohol. We will talk about the ways that this can be positive and the ways that this can be seriously concerning. We will look at the best way to respond to all types of risky behavior.

10/11 @ YMCA 7:15 pm PAM ERDMAN - Boundaries with Tech Devices and Social Activities: A teen's life revolves around cell phones and friends, sometimes to the detriment of all other opportunities. What is the best way to set boundaries for our teens?

10/18 @ YMCA 7:15 pm PAM ERDMAN - Respectful Behavior: What is the best response to the outrageous things that teens say, request and do? Sometimes we are angry, confused and reactionary to our kid's behavior, but we don't need to be. Come and hear specific new ways to respond.

10/25 @ YMCA 7:15 pm PAM ERDMAN - Motivation: Most teens get really tired of school, completing chores, setting goals or sticking with a task and their motivation to stay engaged can really wane. We will go over specific ways to help keep your children interested in success (or get them interested if they are not).

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NOVEMBER

11/1 @ YMCA 7:15 pm PAUL ROYER - Peer Pressure: Your teen experiences intense peer pressure. We will talk about why it can be so intense and what you can do to support your teen in coping with peer pressure.

11/8 @ YMCA 7:15 pm PAM ERDMAN - When Parents Have Different Parenting Styles: Sometimes our biggest struggle as parents is not our child but the adults that are parenting along side us: spouses, siblings, grandparents, step parents. We as adults don't agree on how to respond and it makes the tensions of parenting more difficult. We will talk about how to smooth out these challenges.

11/15 @ YMCA 7:15 pm PAM ERDMAN - Teens and Depression: Teens are prone to depression. We will discuss why this is true and how we can respond in helpful ways. We need to know the difference between normal teenage angst and the kind of depression that needs professional help.

11/29 @ YMCA 7:15 pm PAM ERDMAN - Surviving the stressful holiday season: Come and hear how to set limits and avoid over-scheduling, minimize student unsupervised time and talk to your teen about the dangers of drinking.

SAVE THE DATES...

**Additional seminars during the first semester:
12/6, 12/13, 1/10, 1/17, 1/24 and 1/31.**

For more information on these seminars, additional resources and to see how you can become involved please visit us at

www.cvdapc.org



**In Partnership with the
Crescenta Valley Drug and Alcohol Prevention Coalition (CVDAPC)**