



**Parenting is hard!
Let us help!**

Parents, Stay Positive!

FREE, Five-Week Course

FREE 8-week Positive Parenting Workshop for parents and caregivers of pre-teens and teens. Take the guesswork out of parenting teenagers!

Live on Zoom | Wednesday | 6:30 to 8:30 p.m.

May 8th, May 15th, May 22nd, May 29th, June 5th

Classes will cover:

- The power of positive parenting techniques
- Factors influencing teenagers’ behavior
- Keeping track of teenager’s behavior
- Developing positive relationships with teenagers
- Increasing desirable behavior
- Acknowledging teenagers’ emotions

Each participant will also have three one-on-one phone/in-person sessions with the group leaders to make the information *really* work for their families.

To sign up, call **(740) 652-7287** or

email brandy.heeter@fairfieldcountyohio.gov

