

FREE **Parents' Survival Workshops** **Understanding Your Teen**

Free Dinner
Free Childcare

March 2 to May 4, 2011

Drop in to any session or come for all.

Receive a certificate for attending 4 or more sessions.

Joint Workshop with Jefferson PTA

Wednesday, 3/2 6:30-8:30 pm Teen Mental Health Concerns (i.e. Suicide, Stress)

Location: Jefferson High School, Cafeteria

Wednesdays, 6-8 pm

- 3/9 The Teen Brain**
- 3/16 Adolescent Behavior & Teen Dating**
- 3/23 Positive Parenting**
- 3/30 Connecting with Your Teen**
- 4/13 Setting Limits**
- 4/20 Bullying**
- 4/27 Growing Teens into Healthy Adults**

*Please note there will not be a workshop on 4/9

Location: Jefferson High School, Room B112, 6996 Mission Street, Daly City

Joint Workshop with Jefferson PTA

Wednesday, 5/4 6:30-8:30 pm Prom, Drinking & Drugs

Location: Jefferson High School, Cafeteria

For more information call Jane Hipe, MFTI, 650-985-7018

