Parenting Classes presented by Community Counseling Clinic:

Teen Group

S.T.E.P. TRAINING
Systematic Training For Effective Parenting

Get the help you deserve!

Building responsibility & improving relationships between parents and teenagers will be the focus of a series of seven, two - hour discussion sessions once a week.

Tools you will learn:

✦ Understanding Yourself and Your Teen
✦ Changing Your Response to Your Teen
✦ Communiting Respect and Encouragement
✦ Using Consequences to Build Responsibility
✦ Alternative and Practical ways to discipline

RESERVE YOUR PLACE BY:

March 22th!!!

Call for more information

510-885-3007

Many parents have tried to handle difficulties by setting strict rules and giving orders. Perhaps you, like they, have found that “laying down the law” simply doesn’t work. And going to the other extreme - setting no limits at all - does nothing to help teenagers learn responsibility and cooperation.

Finally Support for Parenting: S.T.E.P Training

The S.T.E.P. approach to parent education has already been successfully adopted by well over 3 million parents in the United States. The concepts in S.T.E.P. are effective across a variety of cultures.

Why S.T.E.P.?

✦ Parent Recommended!
✦ Increase your knowledge about parenting
✦ Improve your family relationships
✦ Improve communication
✦ Most importantly, No FEE!

Dates:

Thursdays: 6pm - 8pm

Free parking for HPN clients

Bring your kids to play therapy!

Workbook will be provided during first session on March 30th.
(First Session will be on Wednesday ,March 30th due to the University Holiday on Thursday, March 31st and other sessions will be on Thursdays as scheduled)

Training schedule for Teen Group:

March 30th - May 26th

Where:

California State University, East Bay
Community Counseling Clinic
Art and Education Building, Room AE 260