

Date of Sessions

Where: TBA

When: TBA

Duration: Six (6) weeks

Dates:

Fee: Free
Sponsored by FICS

You must pre-register for the workshop and be willing to commit to the full 6 weeks (if this is an issue, please discuss when you register). You may not “show-up” once the course has started. This ensures respect and confidentiality for other group members.

To Register: Call CAP at (905) 689-7880

**Karen Brown has counselled individuals, youth and families for over 12 years. Karen has also created and facilitated numerous workshops on abuse & violence prevention, parenting, anti-bullying seminars and programs, partnering with local police officers. Karen has worked with the Halton and Hamilton school boards and their respective schools for many years.*

PARENT ACTION

A WORKSHOP FOR PARENTS OF PRE-TEENS & TEENS

Is a unique class specifically designed for parents of youth aged 11 years old up to 18 years old to address the issues, joys and struggles around this age group. Many parents of children in their pre-teen years and into their teens are experiencing some frustrations, difficulties and issues that you, as a parent have never had to deal with before. Our program will focus on you, the parent and assist you in supporting your role as a parent of teenagers. We will help you **enhance** your parenting skills with the tools to deal with parent/teen issues of communication, anger, frustration, stresses, bullying, respect, “talking back”, attitude, consistency and the “8 worst things parents can do”! And much more. We will give you some insights into your teen that perhaps you have never thought of before. These classes will be in an informal and intimate format (small groups) so that parents can share, among each other, some of their parenting tips, concerns and issues around being a parent. Sometimes, as parents, we feel that we are the only ones going through it, and sometimes it is a struggle. As parents of pre-teens and teens, you are no longer the parent...you are their guidance counsellor.

I encourage both parents to attend the workshop.

“I look forward to sharing and learning with you at the workshop” Karen Brown, Program Coordinator, CAP (Crime Activity Prevention)



Putting the CAP on crime.

Crime Activity Prevention

PARENT ACTION

A PARENTING WORKSHOP

For Parents of Pre-teens &
Teens

*In cooperation with parent council and
staff of Waterdown High School*

Working in Partnership with:

**Flamborough Information and Community Services
Hamilton Police Service
Local Businesss
Community Members**

Funded by the National Crime Prevention Strategy

If you would like to make a donation to (FICS) Flamborough Information & Community Services, an information & referral service for residents of Flamborough, please call their office for further details and information.

See Flamborough Review for regular articles about crime prevention information and CAP programs.

or

call the CAP office for details.

905 689 7880



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