## The Parent Project®

A series of useful and practical classes for parents of teens with challenging and high risk behaviors.

10 Week series begins Thursdays January 24, 2019 -March 28, 2019 6:00pm – 9:00pm

Parent Project is a class for you!

If you know of someone with these difficulties, let them know about this class.

Classes are free. Limited childcare is available. Please request when registering.

> Classes are held at the ParentsCAN Resource Center 1909 Jefferson Street Napa, CA 94559

Please call to register: (707) 253-7444

If you find yourself in this situation or have asked yourself one or all of the following questions:

My teen has a challenging personality and we are always arguing. What can I do?

My teen does not want to go to school because he/she is having problems. How can I help?

I have reasons to suspect that my teen is drinking or using drugs.

I don't know what to do...

What can I do to be a more effective parent?

In this class, you will learn effective and positive skills to address problem behaviors, provide active supervision and learn warning signs of mental illness, drug and alcohol use, and other risky behaviors.

**Note:** Participants must attend all 10 sessions. After finishing the course parents will receive a certificate of completion.



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A Family Resource Center for families of children with disabilities