



Who Will Benefit From This Workshop

This workshop will be of value to parents and caregivers of adolescents or soon to be adolescents.

The workshop will also be of value to resource people who work with adolescents on a regular basis or just want to know more about parenting skills.

The Workshop can also be tailored to the specific needs of a parent group or organization as required.



Workshop Expectations

Each workshop is 90 minutes long and each group member commits to attending a minimum of six sessions. This ensures that group members have a chance to know each other and feel comfortable revealing personal information.

Learning parenting skills is best done in a group as the sharing of common experiences and group problem solving is an essential component to learning new approaches.

Group participants also have the opportunity to experiment with new

styles of communication and parenting and get feedback about their patterns from more than one person.

The group will be flexible in its content and in its process to best meet the needs of the participants. Participants are encouraged to suggest topics for discussion.



Fees

The fee for this Workshop is \$35 per session for a minimum of six sessions. Fees are paid for the six sessions prior to the first session.

Additional sessions are \$35 and paid prior to each session.

If the workshop can be paid for under Extended Health Benefits or through an Employee Assistance Program, then the number of sessions is adjusted accordingly. We will be pleased to discuss this with you.



Parenting What Every Parent of an Adolescent Needs to Know and Do



*Quinte Assessment and Treatment
Group Inc.*

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Quinte Counselling Services Inc.

Quinte Counselling Services Inc., and Quinte Assessment and Treatment Group Inc., together provide a full range of Clinical and Consulting Services to clients in Central and Eastern Ontario.

Confidential Appointments in a private setting can be arranged for the daytime, evening or weekend. Many services are covered in whole or in part by Employee Assistance Programs and Extended Health Benefits.

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Parenting

What Every Parent of an Adolescent Needs to Know and Do

Laura Kuhn M.S.W.

Parenting an adolescent can be one of the most challenging jobs of all...no family gets through the teen years without some lost sleep!

Parenting styles a generation ago differ significantly from expectations today, making the task of raising a teen much like navigating a dangerous channel without a compass.

Pressures and influences on our teenagers have increased a great deal as well, so that young people need even more effective guidance from parents and caregivers.

Taking part in this workshop can provide you with more options, ideas, resources and information to increase your parenting confidence and help ease that difficult journey.

Topics that are covered include:

- Parent Role and Responsibilities
- Developmental Needs and Tasks of Adolescence
- Identifying Communication Blocks
- Problem-prevention Communication
- Responding to Feelings
- Avoiding Power Struggles
- Resisting Peer pressure
- Encouraging Self-esteem and Responsibility
- Re-directing Negative Teen Behaviour
- Developing Positive Relationship Skills in your Teen
- Active Discipline skills
- Developing Mutual Respect and Cooperation
- Addressing difficult subjects: drugs, alcohol, sexuality

This ongoing group will be both informative and interactive with the opportunity for parents to discuss their child's specific characteristics and situation.

Participants are encouraged to suggest specific topics, bring specific problems and situations to the workshop, share experiences, and problem solve.



Enrolling in the Workshop

Parents and caregivers can self refer or referrals will be accepted from a clinician, community organizations, teachers, or doctors. The workshop is ongoing and participants can join whenever there is an opening.

The Workshop can also be run on request for a parent group, school or community organization, and modified as required. Contact our receptionist for information on openings or arranging a special workshop.

