



Online via Zoom

Thursday's @ 8 pm

April 6, 13, 20, 27,

2023

For Parents of TEENS

- * Develop positive parenting skills.
- * Build healthy relationships
- * Improve teen behavior, develop a parenting plan
- * How to use praise to encourage positive behavior
- * Overcome obstacles while building resiliency
- * Develop realistic family rules and expectations
- * Having family meetings



For more information
Or register (call or text)

587-516-6675

Or register online

www.hpdcrc.ca