

FREE Parenting Support/Education Class

Offered by Project SHIELD and San Diego Youth Services



The course curriculum will be from Parenting Wisely and other tools that will offer helpful ways to connect with and understand your teen.

Skills to be taught include:

- Effective Communication
- Teenage Stressors and ways to deal with them and encourage positive coping skills
- Disciplining your teen and natural consequences

Classes Are Free • Curriculum is Court Approved • Space is Limited and Pre-Registration is required

UPCOMING CLASS – Register Now!

Thursdays May 13 – June 10, 2010

Location: Valhalla High School Room #212

Address: 1725 Hillsdale Rd. El Cajon, CA 92019

Time: 6:00 - 7:30 pm

For questions and to reserve your seat call:

Tanny Rinehart with San Diego Youth Services

(619) 258-6877

-or-

Tracy Wilson with Project SHIELD, Grossmont Union HS District
twilson@guhsd.net or (619)644-8097