COMMUNITY SERVICES FOR FAMILIES - EAST REGION

HOME START
Strengthening Families. Protecting Children.

Learn effective parenting skills that will help
Strengthen parent-teenager relationships

(Meets Welfare and Institution Code Requirements)

FREE

EDUCATION CLASSES

Parenting Teens

Talk about problems...
And answers!

sandiegocountylibrary

CLASSES START

August 11, 2015

Tuesdays from 5:30 PM – 7:30 PM

***Eight (8) week course ends September 29, 2015**

Certificate of Completion offered

Pre-Registration Required!

Some Topics include:

- Understanding Yourself and Your Teenager
- Communicating Respect and Encouragement
- Encouraging Cooperation and Solving Problems

Classes located at:

El Cajon Library
201 E. Douglas
El Cajon, CA 92020

For registration and additional information contact:

Kristina Lisica
Parenting Education Coordinator
Home Start, Inc.
(619) 692-0727 Ext. 103

Child care provided with reservation. Please call for availability.

FUNDED IN PART BY THE COUNTY OF SAN DIEGO HEALTH AND HUMAN SERVICES AGENCY

THIS IS NOT A DISTRICT SPONSORED EVENT