

**THURSDAYS**

**APRIL 12 - MAY 24, 2018**

**5:30 - 7:30pm**

# Nurturing Parenting

for

# Parents and Teens

Facilitated by ~

**Lori Keyser-Boswell**

Are you a parent of a teen between the ages of 13 - 19 years? Are you struggling with your relationship with them?

Do you need tools to deal with harmful behaviors? If yes, do not miss this special series focused on repairing parent-teen relationships.

Parents and teens attend separate groups concurrently, then join as one group.

ABOUT OUR FACILITATOR ~ Lori Keyser-Boswell has a Bachelor of Arts degree in psychology from Pacific Lutheran University, Tacoma, WA and holds a Masters of Divinity Studies from Pacific Lutheran Theological Seminary, Berkeley, CA. She has more than 25 years of experience in working with children, teens, and families and is currently working as a Case Manager for CASA.

**Dinner and child care are provided!**

**Location: Yreka Community Resource Center  
201 S. Broadway, Yreka**

**To register, please call 842-1313.**



**This free 7-week series is for teens and parents to learn new ways to communicate and create a respectful and nurturing family.**

**Participants will learn:**

- ▶ **How to help teens manage their behaviors**
- ▶ **Successful strategies for dealing with discipline**
- ▶ **Teen development issues, including depression, eating disorders, and substance abuse**
- ▶ **Understanding and handling stress without alcohol and drugs**

Special thanks to these sponsors for funding this special program.

