



ACTIVE PARENTING OF TEENS

This evidence-based course empowers parents and caregivers to navigate the challenges of the teen years while fostering positive family relationships.

Learn more about...

- Functioning and development of the teen brain
- Effective communication with your teen
- Methods to reduce conflict at home
- Preventing risky behaviors through connection and guidance

STARTS ON - 3/17/26

6-week virtual class

Tuesdays, 12pm to 1:30pm

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