

the parenting
CONTINUUM

Presenting a series of programs for parents and families - to teach, support, and nurture family relationships

Winter/Spring 2008 - YOU ARE INVITED

All presentations are free unless otherwise specified

Tuesday, February 5, 7:00 – 9:30 pm, Mark Pensler MA, LPC, CAC-II

Workshop: Keeping Lines of Communication Open With Your Teens

Los Gatos High School Career Center, Parents and Students are Welcome, Target Grades 5-12
COMMUNICATIONS 101: BASIC TRAINING – Identify the Basic Feelings or Core Feelings – Learn Basic Listening Skills, Paraphrasing, Validating, and a Basic Model for Expression of Feelings
Contact: Shari Flick at 354-0567

Tuesday, February 12, 7:15 – 9:00 pm, Beckie St. George, MFT and Ken St. George, MFT

Understanding and Appreciating Our Teens: Milestones, Challenges, Communication

Saratoga High School Library, Target Grades 5-12. Parents will understand what is normal behavior – what can be worrisome behavior; how to improve conversations, what they can do to help their youth through difficult times...and to appreciate the good times. Contact: LD Hirschklau, Project Director, LGSUHSD, 354-2520 x222

Friday, Feb. 29, 11:30 am – 12:30 pm, Tonja Krautter – Body Image - Let's Talk About Raising Girls

Friday, March 7, 11:30 am – 12:30 pm, Tonja Krautter – Body Image - Let's Talk about Raising Boys

Calvary Church, Target Grades 4-9, Contact: Sue Jackson-Huesby at 857-8967

Wednesdays, March 5 – April 30, 7:00 – 9:30 pm, Joanne Rodgers and Donna Boger

Systematic Training for Effective Parenting (STEP) of Teens FEE: \$75 for individual, \$100 for couple

Los Gatos High School Career Center, Target Grades 6-12

You are NOT Alone. Join other parents for interactive evenings combining discussion and lecture, and practicing effective ways of parenting teens. Contact: Shari Flick at 354-0567 or sbflick1@yahoo.com

Workshops from Teen and Family Counseling Center: Eight Weeks, \$300 Fee

Further information: 370-9990 x23# or www.teenfamilycounseling.org

Thursdays, Jan. 17 – Mar. 6, 6-7:30 pm: Drug/Alcohol Prevention/Awareness for Teens AND Parents

Tuesdays, Feb. 19 – Apr. 8, 6:30-8 pm: Mindfulness-based Stress Reduction Program for Teens

Saturdays, Feb. 23 – Apr. 12, 1-2:30 pm: Parenting Class for Parents of Teens

“the *Parenting* CONTINUUM” is a cooperative partnership of LGSUHSD, Adult Education of LGS Recreation, The Elementary Education Council of Los Gatos Union School District, Healthy Lifestyles Committee and SHIFT Coalition of Los Gatos-Saratoga High School District, CASA Los Gatos (Community Against Substance Abuse), Saratoga PTSA Health and Welfare Committee, Teen and Family Counseling Center.