Active Parenting Group

Please join us for a free six week parenting course starting on Monday, March 4th from 5:15-6:30 p.m. at the Hays Shelter Home



This program offers an effective and unique approach to improve parent-teen interaction.

It is designed to help parents learn:

How to communicate effectively with your teen
Prevent teen use of alcohol, tobacco and other drugs
Discipline while teaching responsibility
Encourage the development of self-esteem and character
Redirect misbehavior
Encourage nonviolent conflict resolution

Snacks and beverages will be provided.

Please RSVP to Anne Edmonds, LCSW at 322-6687

"Armed with these new skills, parents are better prepared to raise teens who are cooperative, responsible and able to resist peer pressure." ~ Michael H. Popkin, creator



Hays Shelter Home 7221 W. Poplar St. Boise, ID 83704

Active Parenting Outline

Session I:

- Current teen issues
- Styles of parenting
- Drugs, sexuality and violence: the problem

Session II:

- Building courage and self-esteem
- Drugs, sexuality and violence: the "think, feel, do" cycle

Session III:

- Problem-solving
- Five goals of teen behavior
- Problem-prevention talks
- Drugs, sexuality and violence

Session IV: -

- Helping teens develop responsibility
- Respectful discipline skills
- Mutual respect
- Drugs, sexuality and violence: stages of drug use

Session V:

- Effective communication skills
- Avoiding communication blocks
- Drugs, sexuality, violence and communication

Session VI:

- Family talks
- Family council meetings
- Drugs, sexuality, violence and active problem-solving

"If there is anything that we wish to change in the child, we should first examine it and see whether it is not something that could better be changed in ourselves." ~C.G. Jung, Integration of the Personality, 1939