

NAVIGATING THE

Teen Years

WITH POSITIVE DISCIPLINE

Supporting your teenage children in becoming the people they want to be!

8-week Class for Parents, Teachers, Advocates, and Coaches

Thursdays

Jan 31st - Mar 28th

6:30PM - 8:30PM

NO CLASS ON FEB 14th

Harbor High School's Career Center
300 La Fonda Avenue
Santa Cruz, CA 95062

\$80 per person - \$20 for optional PD book
\$120 Couple AND \$40 Refresher Special

Facilitated by Kenza Tamsamani, CPDPE

www.pdcrc.org/classes-schedule/

Call 831-476-7284 x107

for scholarships, specials,
and other info



Understand the changes in
the teenage brain

Learn to communicate with dignity and respect

Practice listening in new ways, make agreements
and follow through with firmness and kindness

Develop your teen's internal locus of control
and ability to self-regulate

Celebrate and guide your unique
and individual child

