Navigating the Teen Years

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 Temsamani, CPDPE
www.pdcrcc.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