

## **Parent Workshops for High Schools**

### **Helping Your Child With Tough Choices:**

(Formerly Parenting for Drug Prevention) This national model prevention program is designed to increase parental awareness and prevent children from engaging in high risk behavior. Offers ideas on dialogue between parents and their teens regarding choices they are being faced with. Statistics on drug use, symptoms and intervention strategies are discussed.

### **Staying Connected to Your Teen:**

This is a series of workshops designed to help parents improve family management practices and strengthen family bonds resulting in substance abuse prevention, violence prevention and positive character development. Conflict resolution, anger management and communication skills are the focus of this workshop.

### **Resolving Family Conflict:**

This workshop addresses current issues that cause conflict in families today. Differences in parenting styles, unclear roles and expectations within the family are discussed during this session. Strategies to prevent and resolve conflict in families are the focus of this workshop.

### **Navigating the Teen Years:**

This workshop looks at the changes your teen is facing during adolescence and offers tips to help you stay involved and in touch with your child.