

**FIVE WEEK PROGRAM FOR PARENTS
TUESDAY EVENINGS
October 16, 23, 30, November 13, 27
6:30-8pm**

**Upper Merion High School
Large Group Instruction Room (LGI)**

Please park in front of the building and enter through the main doors.

You are invited to be with other parents of teens. Find out what is normal teen behavior and how to make parenting a teenager easier, more fun and relaxed. Empower yourself as a parent!



Find out that all parents of teens are going through the same thing!

What you'll learn...

- How do I communicate with my teen?
- How do I help my teen stay out of trouble?
- Stop! It seems like we are always arguing!
- How do I set limits without pushing my teen away?
- How do we stay bonded as a family during this turbulent time?
- Get up-to-date resources about the issues that effect you and your teen the most.

Sponsored by



This project was made possible with funds from the Upper Merion Board of Community Assistance.
Questions? Contact Susan Shelton, CAST Community Mobilizer, at sshelton@umasd.org or 610-304-5533.

Yes, sign me up for Staying Connected With Your Teen!

Your Name

Student Name(s)

Street Address

City

State

Zip

Phone Number

E-mail Address

Please register by emailing the above information to sshelton@umasd.org or returning the completed form to CAST at the High School Main Office.