

FOR PARENTS of Tweens and Teens



A more cooperative teenager? Here's how...

If adolescence is making your tween or teenager a little (or a lot) less cooperative than they used to be, this Teen Triple P Discussion Group can help. In this relaxed 2-hour session, we'll help you develop a plan to motivate your teenager to want to be part of the family again. It'll make life less stressful for everyone!

Teen Triple P's Getting Teenagers to Cooperate discussion group will help you encourage your teenager to:

- Cooperate with you and others.
- Show consideration and be polite.
- Act appropriately and understand why this is important.
- Have a closer bond with you and enjoy family activities.

Register for this FREE discussion group:

Getting Teenagers to Cooperate

Thursday, February 22

6:00-8:00pm

YMCA of Mount Vernon located at 103 N Main St

Course materials and a light meal will be provided. A childcare reimbursement is available. Register by 2/20/24. FREE to all Knox County parents and caregivers! Questions? Contact Susan McDonald at 740-397-2840 or psiknox@gmail.com.

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FOR PARENTS of Tweens and Teenagers



Coping with teenage emotions

The transition from child to adult brings a range of fluctuating emotions. And that can be upsetting and stressful for your teenager, and for you. This 2-hour Teen Triple P Discussion Group gives you strategies to help you navigate the minefield—without making things worse.

Teen Triple P's Coping with Teenagers' Emotions discussion group will help you:

- Understand why your teenager reacts the way they do.
- Know when and how to talk to your teenager about problems.
- Help your teenager cope with their moods and feelings.
- Help your teenager feel better about themselves.

Register for this FREE discussion group:

Coping with Teenagers' Emotions

Thursday, February 29

6:00-8:00pm

YMCA of Mount Vernon located at 103 N Main St

Course materials and a light meal will be provided. A childcare reimbursement is available. Register by 2/27/24. FREE to all Knox County parents and caregivers! Questions? Contact Susan McDonald at 740-397-2840 or psiknox@gmail.com.

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FOR PARENTS of Tweens and Teenagers



De-fuse the family feud!

When a parent and teenager collide, the conflict can affect the whole family. If you want the frequent arguments to stop, then this 2-hour Teen Triple P Discussion Group can help you. You'll walk away with new strategies and plans to make it happen.

Teen Triple P's *Reducing Family Conflict* discussion group helps you:

- Understand why teenagers can sometimes be argumentative and aggressive. Teach your teenager to cooperate and behave more appropriately. Encourage them to get along with others in the family.
- Manage family conflict.
- Reduce arguments.

Register for this **FREE** discussion group:

Reducing Family Conflict

Thursday, March 14

6:00-8:00pm

YMCA of Mount Vernon located at 103 N Main St Course materials and a light meal will be provided. A childcare reimbursement is available. Register by 3/12/24. FREE to all Knox County parents and caregivers! Questions? Contact Susan McDonald at 740-397-2840 or psiknox@gmail.com.

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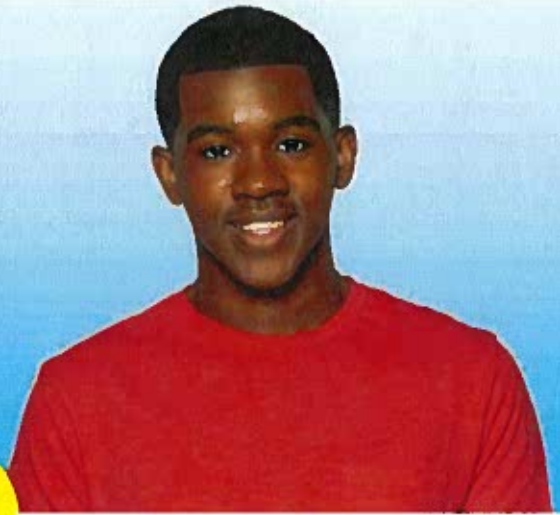
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KNOX COUNTY
HEAD START INC.



FREE TIPS FOR PARENTS of Tweens and Teenagers



Does your teenager understand risks?

Teenagers need guidance but also need to make good decisions when you're not around. Offering advice can lead to arguments, but this 2-hour Teen Triple P Discussion Group will help. Support your teenager to get the balance right between growing up and staying safe, so you'll both feel better.

Teen Triple P's *Building Teenagers' Survival Skills* discussion group helps you help your teenager:

- ◆ Understand potential risks.
- ◆ Make smart decisions.
- ◆ Keep themselves safe.
- ◆ Plan ahead for risky situations.

Register for this **FREE** discussion group:

Building Teenagers' Survival Skills

Thursday, March 7

6:00-8:00pm

YMCA of Mount Vernon located at 103 N Main St

Course materials and a light meal will be provided. A childcare reimbursement is available. Register by 3/5/24. FREE to all Knox County parents and caregivers! Questions? Contact Susan McDonald at 740-397-2840 or psiknox@gmail.com.

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