



warm springs  
**Counseling  
Center**



## Effective Parenting Skills Group For parents of teenagers

Effective Parenting Skills Group will focus on:

- Learning to work with teens more effectively
- Understanding teen brain development and its impact on behavior
- Preparing teens and parents for transition to adulthood
- Parent self-care
- Reducing conflict while building long-term relationships

This group is accepting parents of teenagers interested in joining. Sessions are held weekly on Thursdays from 7:00-8:30 p.m. for eight weeks.

This group helps parents learn and practice parenting skills tailored to raising teens. Sessions consist of lecture and activities. Concepts and skills are taught in a progressive order. Participants should plan to attend all sessions and are encouraged to practice skills with teens between sessions.

The leaders of this group are Carolyn Golden, Psy.D. and Jennifer Schenk, MA.



Warm Springs Counseling Center accepts most insurance plans and Medicaid. Subsidy programs are available for those who qualify.

### Date & Time:

October 1, 2009  
Occurs weekly on  
Thursday  
7:00-8:30 p.m.

### Location:

Children's Home Society  
2nd Floor Conference Room  
740 Warm Springs Avenue  
Boise, ID 83712

### Registration:

Amy Thompson, LSW  
Director of Social Services  
208-343-7797 x 1211 or  
training@  
childrenshomesociety.com

### Cost:

\$45 per session