

Parenting with Love and Limits



This 6-week class provides concrete step by step tools to help you establish limits and to help you and your teen *like* each other again!

Only 6 families enrolled for each cycle, with 6 cycles a year.

Call now for more information!

There are 6 classes AND six to 8 individual family sessions.

Have you ever heard something like:

“Get out of my life, but could you first drive me and my friends to the mall?”

“You can’t *make* me do chores!”

“I hate school. I’m not going any more.”

“I don’t care what my punishment will be. I live for today!”

“If you don’t let me do what I want, I will *really* hurt myself next time.”

Then you may consider Group and Individual Coaching Sessions to fix your out-of-control 10-17 year-old child’s problems FAST.

Some of the topics that will be covered:

Class 1 – Understanding why your Teen Misbehaves

Class 2 – Button Pushing

Class 3 – Ironclad Contracting

Class 4 – Troubleshooting

Class 5 – Stopping the Seven Aces

Class 6 – Nurturance and Reclaiming Lost Love

For more information or to sign up for this class -

Please contact Ted Warstadt, MS (Children’s Mental Health)

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CALL OR EMAIL FOR CLASS INFORMATION