

## Courageous Parenting Series: **Navigating the Teenage Years**

5 Week Group for Parents & Youth (ages 11-17)

*It takes **GREAT COURAGE** to parent adolescents in ways they need not how they want or how society influences you to parent!!!*

**Courageous Parenting Groups will be offered:**

**Tuesdays, May 9<sup>th</sup>-June 6<sup>th</sup> | 4:30pm-6pm**

**Tuesdays, August 15<sup>th</sup>- Sept. 12<sup>th</sup> | 4:30pm-6pm**

**Location: A.C.C.E.S.S. Center**

**528 W. Market St. Lima | Suite 200**

**Cost: FREE**



Parenting adolescents is not for the faint of heart! Parenting well and raising young people requires amazing courage! Cornerstone is honored to equip both parents and middle/high school youth with practical tools and techniques to better navigate these often rocky years of change and growth.

Topics covered:

- *Developmental Norms and Brain Changes during Adolescence*
- *De-Escalation Training*
- *"Emotional Wincing" as a Means of Hearing and Connecting*
- *Identifying Core Needs/Build Healthy Identity (strengths, passions, interests, values, etc)*
- *Steps to Develop Positive Character*
- *Healthy Boundaries*
- *Resilience and Growth Mindset*
- *Utilizing Courage-Doing what they NEED*

The format for this 5-week program will run as follows:

- *Week 1 and 2: Parents only*
- *Week 3 and 4: Youth only*
- *Week 5: Parents & Youth attend together*

### **Registration**

Go to [cornerstoneofhopelima.org/Courageous Parenting Series](http://cornerstoneofhopelima.org/Courageous Parenting Series)

Or call 419-581-9138 | Cornerstone of Hope

419-998-5249 | A.C.C.E.S.S. Center