

NAVIGATING THE

Teen Years

WITH POSITIVE DISCIPLINE

Supporting your teenage children in becoming the people *they* want to be!

3-Session Class for Parents & Teachers of Teens!

Wednesdays
May 8th, 15th, and 22nd
6PM - 8PM

North Monterey County Middle School
10301 Seymour Street
Castroville, CA 95012

ALL IN ENGLISH AND ALL FREE
INCLUDING CHILDCARE AND SNACKS

Lizette Hernandez, Facilitator

Call 831-476-7284 x107
to register for class
and childcare



Understand the changes in
the teenage brain

Learn to communicate with dignity and respect

Practice listening in new ways, make agreements
and follow through with firmness and kindness

Develop your teen's internal locus of control
and ability to self-regulate

Celebrate and guide your unique
and individual child

