



Support, Tools & Education for Parents **Active Parenting of Teens: Families in Action**

STEP (Support, Tools and Education for Parents) is a program designed to support caregivers. There is no denying it. Parents and teens are often at odds—but it does not have to be that way. When parents and teens learn together, they will have a common language and skills for a smoother ride through adolescence. Active Parenting of Teens: Families in Action is a program that gives families critical tools for the challenging teen years: communication, conflict resolution, encouragement, and more. In addition, powerful information about preventing problems with drugs, alcohol, sex, and violence.

In Person Tuesdays 5:30pm to 8pm Dinner & Child Care Offered	In Person Tuesdays 5:30pm to 8pm Dinner & Child Care Offered	In Person Thursdays 5:30pm to 8pm Dinner & Child Care Offered	In Person Wednesdays 5:30pm to 8pm Dinner & Child Care Offered	In Person Thursdays 5:30pm to 8pm Dinner & Child Care Offered
January 13	March 3	April 9	May 6	June 4
January 20	March 10	April 16	May 13	June 11
January 27	March 17	April 23	May 20	June 18
February 3	March 24	April 30	May 27	June 25
February 10	March 31	May 7	June 3	July 2
February 17	April 7	May 14	June 10	July 9

Topics:

- SESSION 1 – **The Active Parent:** Styles of Parenting, Control vs. Influence & Mutual respect
- SESSION 2 – **Winning Cooperation:** Owning the problem, Active Communication & Encouragement
- SESSION 3 – **Responsibility & Discipline:** Logical Consequences &, Problem Solving
- SESSION 4 – **Building Courage, Redirecting Misbehavior:** Courage and Self Esteem, Goals & Power Struggles
- SESSION 5 – **Drugs, Sexuality, and Violence:** Overview of the issues & Prevention Strategies
- SESSION 6 – **Drugs, Sexuality, and Violence (continued):** Prevention Strategies



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In Person Wednesdays AM 9:30am to 11:30am	In Person Wednesdays PM 5:30 to 8pm Dinner & Child Care Offered	In Person Wednesdays PM 5:30pm to 8pm Dinner & Child Care Offered	In Person Tuesdays PM 5:30pm to 8pm Dinner & Child Care Offered
June 24	June 24	August 5	October 13
July 1	July 1	August 12	October 20
July 8	July 8	August 19	October 27
July 15	July 15	August 26	November 3
July 22	July 22	September 2	November 10
July 29	July 29	September 9	November 17

Topics:

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- **SESSION 2 – Winning Cooperation:** Owning the problem, Active Communication & Encouragement
- **SESSION 3 – Responsibility & Discipline:** Logical Consequences &, Problem Solving
- **SESSION 4 – Building Courage, Redirecting Misbehavior:** Courage and Self Esteem, Goals & Power Struggles
- **SESSION 5 – Drugs, Sexuality, and Violence:** Overview of the issues & Prevention Strategies
- **SESSION 6 – Drugs, Sexuality, and Violence (continued):** Prevention Strategies

To enroll, contact Jackeline Ballesteros at jballesteros@soazadvocacy.org or call 520-724-2148

To learn more about the Children's Advocacy Center of Southern Arizona, visit: www.cacsoaz.org

