



**This FOUR-session video and discussion workshop for parents and caregivers of teens will be held via ZOOM and will focus on**

- **Methods of respectful discipline**
- **Skills for clear, honest communication**
- **Concrete strategies to prevent risky behavior**
- **Insights to teens online exposure, bullying and depression**

**Dates: \*NEW 4-sessions\* Tuesday & Thursday**  
**Evenings: October 11th, 13th, 18th, & 20th 2022 (2x/week for 2 weeks)**

**Times: 5:30pm to 7:30pm Via Zoom (2 hours with break)**

**To register please call or email**

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