

How to Handle Your Teenager 101

Helping parents communicate with and relate to your teenaged children

Has your child grown into someone you hardly recognize?

Our **free** workshops will help you to understand your child's issues and strengthen your role as an effective parent.

WORKSHOP #1

"But a doctor prescribed it..."
Prescription Drug Abuse

**Wednesday,
September 29, 2010
6:30-8:30 p.m.**

Some teenagers experiment with prescription drugs because they think they will help them have more fun, lose weight, fit in, and even study more effectively. Prescription drugs are easier to get than street drugs – they're right in the medicine cabinet.

Learn how prescriptions can be potentially fatal when misused/abused and how the entire family is impacted. This informative presentation encourages audience participation.

WORKSHOP #2

"I don't wanna..."
Motivating Adolescents to Make Positive Changes

**Tuesday,
October 19, 2010
6:30-8:30 p.m.**

How can you get teenagers to make good decisions? This workshop helps parents to get their child(ren) to think differently about their behavior and ultimately to consider what might be gained through change. The approach attempts to increase the adolescent's awareness of the potential problems caused, consequences experienced, and risks faced as a result of the behavior in question.

WORKSHOP #3

Roots and Wings

**Wednesday,
November 10, 2010
6:30-8:30 p.m.**

You want your children to grow, learn and become responsible individuals. The foundation you give them will be the basis for the decisions they make. Learn how to build a secure, trusting environment so that when your child needs to make a decision, especially regarding alcohol and drugs, they make the right one.

WORKSHOP #4

"You don't listen to me!" said the mother to the daughter and the daughter to the mother.

**Wednesday,
January 26, 2011
6:30-8:30 p.m.**

As a parent, just because you've learned to text doesn't mean you know the language of adolescents. This interactive workshop will give parents tools to understand, open and maintain lines of communication with their child. Effective communication skills are the basis of a strong parent/child relationship.

PRESENTED BY



**HORIZON
HEALTH SERVICES**

ERIE COUNTY COUNCIL
education
prevention
intervention
FOR THE PREVENTION OF ALCOHOL
AND SUBSTANCE ABUSE



Please call 418-8531 for reservations. Programs are held at Horizon Health Services Family Recovery Center, 6496 Transit Road (across from Casey Rd.) East Amherst, NY