



Parents of Teens!



Have questions about raising teenagers?
Wondering what's "normal"?
Looking to connect with other parents?

Recovery Resources' Community Challenge is hosting this 8 week,

Parent Discussion Group

based on the book:

Please Stop the Rollercoaster!

How Parents of Teenagers Can Smooth Out the Ride

Grounded in research, this book offers a wealth of practical, succinct information for busy parents of teens in grades 6 – 11. In this discussion group/book club you will:

- Learn from the experiences of other parents as you examine the most important issues you may face,
- Learn about the adolescent development process,
- Learn to be intentional, not reactionary, in words and actions,
- Explore specific ways to improve communication with your teen,
- See your influence on your teen's engagement in risky behaviors,
- Benefit from developing a supportive network of peers.

The eight chapters contained in the book make up the discussion topic for each meeting. Participants are expected to read each chapter before the meeting date.

When:

Tuesday mornings, 9:30 to 11:00 a.m.
September 27 through November 15th

Where:

Rocky River Public Library, Community Room

Facilitated by:

Jeanne Campanella, Community Challenge Coordinator
and parent of 2 former (not so long ago) teens

Cost:

\$50 per participant, includes book

To Register:

Contact Jeanne Campanella by September 12:
jcampanella@recres.org or 440-241-2608

Parent programming is made possible through support from the City of Rocky River.

