

# PROGRAMS FOR *Parents*

## SMART PARENTING: REDUCING CONFLICT

*Are you having power struggles with your Child and family?*

*When it comes to disciplining your child nothing you have tried works?*

*Are your children driving you crazy?*

**If the answer is "yes" to any of these question.**

**THIS SERIES IS FOR YOU!**

Sometimes being a parent seems impossible. This 6-week series for parents and caregivers of teens is designed to help parents learn and practice communication skills to assist in talking with their children, dealing with difficult behaviors, and avoiding or lessening conflict while nurturing a strong parent-child relationship. By attending this series you will...

- Resolve conflicts without power struggles
- Build your child's self-confidence
- Replace fighting with cooperation
- Learn why children misbehave and how to use redirection skills
- Become a happier, calmer parent

Parents and children that have problem-solving skills are better able to come to win-win solutions and gain communication skills that can be useful in these sometimes difficult years.



We can help you find more confidence and ease in your parenting.

- Class 1: Parenting With the End in Mind
- Class 2: Parenting With Encouraging Choices
- Class 3: Parenting With Effective Decision Making
- Class 4: Parenting Through Misbehavior
- Class 5: Parenting Through Power Struggles
- Class 6: Parenting As a Team

*This class will be offered at*

*George Washington.*

*Tuesday nights 6-8pm*

*Feb 11th, 25th*

*March 4th, 11th, 18th, 25th*

RSVP to  
Jane Spence  
George Washington High School  
(720)423-8646

This class is Free of charge.