

## Caregiver Education Sessions

Fall Poster- September – December 2018

### Parenting Teens in the 21<sup>st</sup> Century: Respectful Limit Setting with Adolescents

*Focus is on caregivers of teens grades 7-12*

Wondering how you'll survive the teen years? Parenting teens is harder than ever for most parents today. In this session you will explore the challenges of being a teenager and parenting a teenager. You will learn how to establish healthy, respectful boundaries with your teen so that you can spend less time arguing and more time enjoying each other's company.

Register for a Parenting Teens in the 21<sup>st</sup> Century session at:  
<https://www.surveymonkey.com/r/caregiversessions>

**DATE:** Tuesday, September 25, 2018  
**TIME:** 6:00-7:30pm  
**LOCATION:** École Leduc Jr. High School  
4412 - 48 Street, **Leduc, AB**  
**Notes:** This session is for adults only.

**DATE:** Wednesday, October 17, 2018  
**TIME:** 6:00-7:30pm  
**LOCATION:** Strathcona County Family and  
Community Services  
#200, 501 Festival Avenue, **Sherwood Park, AB**  
**Notes:** This session is for adults only.

**DATE:** Thursday, October 18  
**TIME:** 6:00-7:30pm  
**LOCATION:** John D. Bracco School  
3150 - 139 Avenue NW, Edmonton, AB  
**Notes:** This session is for adults only.



#### *Parent Participant Feedback*

*"Thank you so much for coming  
out to share this knowledge with  
us. Great job!"*

**REGISTER  
EARLY!**

Please contact the Education Team with questions  
or if you need to cancel your registration.

[CYFCaregiverEducation@ahs.ca](mailto:CYFCaregiverEducation@ahs.ca)  
780-415-0074