

Active Parenting of Teens

For Parents
of Youth
Ages 11-16



**Improve
Communication
& Discuss
Tech & Teens,
Brain Development
& Decision Making**



**Beginning Thursday
Sept. 19 - Oct. 24, 2024**

**6pm-8pm
ZOOM**



**No cost
registration**

541-389-5468

FAMILY RESOURCE CENTER

of Central Oregon



I am passionate about giving children, youth, and adults spaces to grow and thrive in their own powerful ways. I love creating spaces where all are seen, heard, understood, accepted, valued, and appreciated



Katie

With two teens of my own, I'm right there in the trenches with you – together we can navigate the journey of adolescence with patience, a little bit of humor and a lot of coffee along the way. We've got this!



Kristin