

RAISING AN ADOLESCENT OR TEEN?

Join a 4-week or 9-week session for Parents of Adolescents and Teens (PAT) today!

- ✓ Find helpful resources and tools.
- ✓ Hear real family experiences and turn theory into practice.
- ✓ Learn in community using a research-backed curriculum, reviewed through an anti-bias lens.
- ✓ Build confidence as a parent.
- ✓ What you'll learn and discuss:
 - How to talk with your teen (and get them to listen!)
 - How to navigate conversations about sex, relationships, and safety
 - · Ways to set healthy boundaries with social media and screen time
 - Practical ways to support your teen's mental health
 - Approaches to handling peer pressure and changing friendships
 - · Ideas to stay connected with your teen during times of stress or conflict

Flexible Pricing program fee options and financial assistance are available for all groups.

> In-person and virtual groups starting soon!



Sign up for a **PAT Group**



Sign up for our **PAT Newsletter**



Since 1983, PEPS has been connecting families in parent peer-support groups and now offers programs for expectant parents, parents of newborns, infants, or adolescents and teens, plus affinity groups for families sharing identities that intersect with their identity as a parent. With PEPS, parents create strong, healthy families with concrete support, social connections and parenting resources. PEPS is a 501(C)(3) nonprofit organization.

www.peps.org





