

Parenting an Adolescent or Teen?

Interested in finding connection, resources, and support?
PEPS is offering a program just for you!



Participate in our 9-week online program featuring a curriculum developed specifically for this community. Here is a sample of the discussion topics that will be offered:

- Foundations of parenting adolescents
- Adolescent brain development
- Adolescent mental health
- Effectively communicating with adolescents
- Adolescents and substances
- Identity development
- Gender identity development
- Sex and sexuality
- The social world of adolescents
- The online world of adolescents

And many more!

Each meeting will be led by a Group Leader with a background in adolescent development and psychology, trained in group facilitation.

This virtual program is open to solo parents and caregivers, couples, and co-parents, with children aged 10-19 years living in our [service region](#). Adult participants will attend without children, with up to 10 families in each group. Flexible Pricing program fee options and financial assistance available on all groups.

Visit www.peps.org/programs/parents-of-adolescents-and-teens to reserve a spot today!

