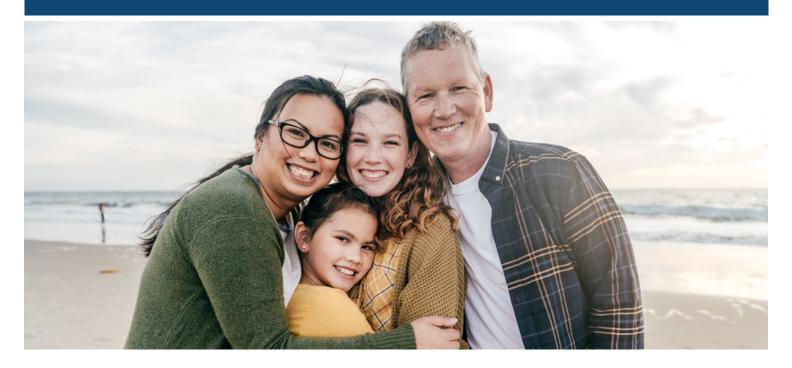
## Parenting an Adolescent or Teen?

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 <u>service region</u>. 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 <u>www.peps.org/programs/parents-of-adolescents-and-teens</u> to reserve a spot today!





Since 1983, PEPS (Program for Early Parent Support) has been connecting families in parent peer-support groups and now offers programs for expectant, 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 **f © C O**(206) 547-8570