

PARENT & TEEN PROGRAMS



ParenTeenFocus specializes in empowering parents & teens, schools & community organizations throughout the transition into adolescence (grades 5-8).

Program Features

- 4 workshops per program (60-90 mins)
- Offered weekly
- Online or in person
- Practical support
- Concrete tools
- Effective strategies
- Integration exercises: practice & role-play
- Built on +30,000 hours of experience

PROGRAM D :

"COMMUNICATION 101 - ARE YOU LISTENING?! CAN WE TALK?!"

- Baseline review & function: listening, speaking, decoding
- Communication Obstacles & Facilitators
- Effective Communication Starts With Listening
- Speaking Clearly to Get Your Message Across

TARGET AUDIENCE : GRADES 5-8 / PARENTS & TEENS

PROGRAM E :

"EFFECTIVE CONFLICT RESOLUTION? WIN-WIN NEGOTIATIONS? YES! WE CAN!"

- The BIG C - Conflict is a Neutral Word !
- Not All Conflict Styles Are Created Equal
- Respectful Conflict is Learned (aka Keep It Above The Belt)
- The Art of Negotiation & Creating Win-Win Opportunities

TARGET AUDIENCE : GRADES 5-8 / PARENTS & TEENS

PROGRAM F :

"EMOTIONAL & MENTAL HEALTH - A COLLECTIVE RESPONSIBILITY"

- Our Needs - Who's in Charge Around Here?
- Understanding Emotions, Stress & Anxiety
- Not All Coping Methods Are Created Equal
- Tools, Strategies & Resources to Help Support Wellness

TARGET AUDIENCE : GRADES 5-8 / PARENTS & TEENS



For more information please visit
[ParenTeenFocus.com](https://www.ParenTeenFocus.com)