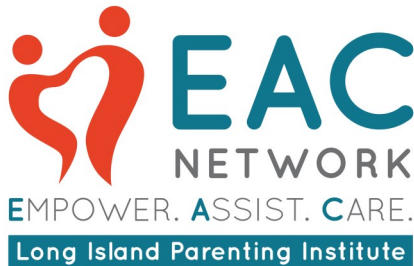


# Alternatives For Youth (AFY) Parent Support Group

*For Parents of Children 12-18 Years Old*



**Monday Evenings  
6:00pm-7:30pm**

**Groups are FREE**

**Pre-Registration  
Is Recommended  
(631) 737-9384**

**EAC Network  
60 Plant Ave.  
Hauppauge, NY  
11788**

**For questions  
and/or to register,  
contact  
Kathryn Cannino  
(631) 737-9384**

## **November– December 2016**

### **November 7- Understanding Your Teen**

Don't recognize the person your teen has become? This workshop helps us get into our teens' minds and teaches us how to reach and empower them on *their* level.

### **November 14- Are You Helping or Hurting?**

Ever wonder if you're enabling your child's behavior by giving in or being unclear on your expectations? Learn the tools of positive discipline to effectively identify and address negative behaviors and skills to communicate appropriate expectations.

### **November 21-- Roadmap to Changing Behavior**

Learn specific skills to stop your child's negative and out-of-control behaviors and tools to teach and encourage alternative, positive behaviors.

### **November 28- Your Teen & Risky Behavior**

Is your child involved in harmful and risky behavior? Learn about what draws teens towards taking risks and tools to help keep them safe.

### **December 5- Coping Strategies & Resilience**

Learn tools to teach and practice effective coping strategies with your children in order to help them prepare for life's upsetting moments.

### **December 12 -Effective Co-Parenting**

Learn skills to make co-parenting with your ex or current partner easier and tools to keep your children out of the middle of arguments.

