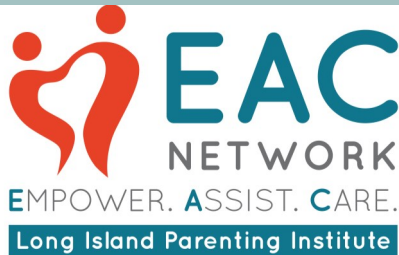


Alternatives For Youth (AFY) Parent Support Group

For Parents of Children 12-18 Years Old



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

Groups are FREE

**Pre-Registration
Is Required
(631) 648-7100 x217**

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

**For questions
and/or to register,
contact
Kathryn Cannino
(631) 648-7100 x217**

January - March 2018 **Support Groups**

January 22 - 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.

January 29 - 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.

February 5 - 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.

February 26 - 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.

March 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.

March 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.

