

# FREE 1 ½ hour Parent Session

# Positive Discipline

Feeling overwhelmed, worried, frustrated? Wishing you and your teen could reconnect and enjoy each other again? . . . You are not alone. Learn through fun, experiential, meaningful activities. No boring lectures.

## Do you struggle with some of these challenges with your teens?

- Shutdown
- Don't listen
- Are strong willed
- Lack motivation
- Dawdle in the morning
- Talk back
- Battle over homework
- Feel entitled
- Don't tell you where they are going

## And want them to develop:

- Self-discipline
- Responsibility
- Resiliency
- Problem-solving skills
- Accountability
- Honesty
- Self-confidence
- Kindness
- Social Consciousness
- Self-motivation

## Location

**Where:**  
St. John's  
Jesuit McQuade  
Theater

**Date:**  
October 9, 2018

**Time:**  
6:30- 8 PM

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