

Parenting from Within

Where and when

Join the group bi-weekly for 4 sessions with Tara on Wednesdays from 7:00pm - 8:30pm
April 24th - June 5th (intake 1)
Sept 11th - Oct 23rd 2024 (intake 2)
at 126 Hurontario Street, Collingwood.
\$400 (inc HST) per person

What you will learn

- How to develop maturity in your teen
- How to respond rather than react
- How to influence rather than control
- To set limits to teach rather than punish
- To develop boundaries from values and connection to yourself
- To improve your relationship with your teen and your self
- To improve your relationship with your self and how that helps your teen increase the respect they have for you



- To increase the respect you have for yourself and how that helps your teen
- To be open to the messages your teen is sending that you don't want to hear, but need to
- The importance being on the same page if you have a co-parent/caregiver
- How to embrace the parenting journey no matter what it looks like

Goals of the sessions

- To teach the principles and practices involved in parenting teens for maturity
- To provide the opportunity for parents/caregivers to internalize and embody these principles and practices through self-reflection, role play, group processing, and feedback.
- To support parents as they try out these principles and practices at home.
- To help parents/caregivers address common teen anxieties and behaviours as well as more extreme teen issues such as self harm, suicidal ideation, truancy, drug and alcohol use, and other mental health issues.
- To work with your "stuff" to help you understand more fully how you shape the dynamics between you and your teen and how you can use this powerful truth to help them mature. Be prepared to do your own therapeutic work

Who should attend?

It is requested that all people involved in parenting attend. This group is aimed at parents of "teens" age range between 13 - 19 yrs.

How to register

Go to www.cpyc.ca to register, You will register for the session starting on the 31st January (and/or) 11th Sept. We will take a deposit of \$150.00 and the balance is payable prior to the start of the first session. Payment plans are available, please ask us.