

Building Strong Adolescents

Tuesdays, August 6, 13, 20, and 27, 2013

Time: 4:00 - 5:30 p.m.

Location: Alpine Center, 800 Livingston Blvd. Gaylord, MI 49735

First floor Multi-Purpose room: Room 123

Five sessions for parents and others who care about and work with teens ages 11-19, this program provides knowledge and skills needed to develop key assets in teens. Each lesson includes information about adolescent development, specific parenting strategies to increase teens' assets, and activities to practice new skills.

Instructor: Carolyn Penniman, MSU Extension Educator

Pre-Registration is Required! *Please do not bring children—no childcare provided.*

Dates and Topics:

Date	Day	Time	Topic
8-6-13	Tuesday	4 – 5:30 PM	Building Assets in Teens
8-13-13	Tuesday	4 – 5:30 PM	Using Limits and Consequences with Teens
8-20-13	Tuesday	4 – 5:30 PM	Building Independence and Self Worth in Teens
8-27-13	Tuesday	4 – 5:30 PM	Importance of Positive Peers and Caring Adults for Teens

Cost: All sessions are FREE, to introduce this new program from MSU Extension

To register, contact: Carolyn Penniman, 989-731-0269 pennimac@anr.msu.edu

MSU Extension
800 Livingston Blvd, Suite 4A-2
Gaylord, MI 49735
989-731-0269

***FREE, but please register
to reserve your space!***

Accommodations for persons with disabilities may be requested by contacting Otsego County MSU Extension by August 1, 2013 to make arrangements. Requests received after this date will be fulfilled when possible.

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