



# FREE PARENTING WORKSHOPS

## Middle School & High School

While there is no recipe for raising successful children, there are key parenting ingredients that will produce strong families. Make the commitment to improving parent/child relationships at home. Learn to talk so your children WILL listen & avoid power struggles. Your child will thank you!

### January—May 2018

12:00-2:00 p.m.

- 1/10 Managing Stress
- 1/17 Effective Communication
- 1/24 Sibling Rivalry
- 1/31 Peer Pressure
- 2/7 Normal Adolescent Behavior
- 2/14 Teaching Responsibility
- 2/21 Managing Anger / Conflicts
- 2/28 Effective Discipline
- 3/7 Managing Stress
- 3/21 Effective Communication
- 3/28 Sibling Rivalry
- 4/4 Peer Pressure
- 4/11 Normal Adolescent Behavior
- 4/18 Teaching Responsibility
- 4/25 Managing Anger / Conflicts
- 5/2 Effective Discipline
- 5/9 Managing Stress
- 5/16 Effective Communication
- 5/23 Sibling Rivalry

### January—May 2018

6:30-8:30 p.m.

- 1/8 Peer Pressure
- 1/22 Normal Adolescent Behavior
- 1/25 Teaching Responsibility
- 2/5 Managing Anger
- 2/12 Effective Discipline
- 2/22 Managing Stress
- 3/5 Effective Communication
- 3/26 Sibling Rivalry
- 3/29 Peer Pressure
- 4/9 Normal Adolescent Behavior
- 4/23 Teaching Responsibility
- 4/26 Managing Anger
- 5/7 Effective Discipline
- 5/21 Managing Stress
- 5/24 Effective Communication

Family Education and Guidance Services, 1300 19th Street, Plano, TX 75074.

**469-752-2272**

Registration not needed ♦ ♦ ♦ ♦ Childcare is not provided

Visit <http://www.pisd.edu/parentworkshops>