

Broken window:..... \$100.00

Time off work meeting
with the principal:..... \$300.00

Counseling:..... \$1,000.00

Parent Project® solutions: **Priceless!**



Empowering Parents. Transforming Teens.

- *Learn how to never argue with your child again!*
- *Prevent or intervene in alcohol or drug use!*
- *Improve school attendance and performance!*
- *Program for teens available!*

2011-2012 PARENT & TEEN SCHEDULE

Wednesday, June 22 – August 24, 2011
Tuesday, October 4 – December 6, 2011
Wednesday, January 18 – March 21, 2012
Tuesday, April 10 – June 5, 2012

REGISTER NOW! (916)787-4357



FULL CIRCLE TREATMENT CENTER
SERVING PLACER COUNTY FOR OVER 7 YEARS!

PARENT PROJECT®

Finally a program proven to help families survive the adolescent years!

Parent involvement is the key to behavior change with difficult, strong willed adolescents:

- The **PARENT PROJECT®**, an award winning national curriculum designed for parents of difficult and strong willed adolescents.
- This program teaches parents how to implement boundaries and be consistent with disciplinary interventions.
- Parents practice what they learn in class.
- Facilitators coach parents in developing new skills.
- Parent Project® includes self-support groups in which parents work together to develop effective parenting strategies.

Topics include:

- Reducing family conflict.
- Improving school performance and attendance.
- Identifying and intervening with drug and alcohol abuse.
- Interceding with negative peer associations (including inappropriate dating relationships and/or gang involvement).
- Helping parents set effective limits.

The PARENT PROJECT® is:

- Presented in an educational format, parents are trained by certified facilitators utilizing a 180-page workbook, "*A Parents Guide to Changing Destructive Adolescent Behavior*".
- Parents receive twenty-six hours of instruction and support, all for a modest cost equal to the fee of about two clinical hours of counseling.
- Parents may repeat the course at no charge, allowing them to absorb and practice the information fully.

Presented by Certified Parent Project Facilitators

Pre registration for classes is required.

**Parent Project
"Changing Destructive Adolescent Behavior"
Presented by :**

**FULL CIRCLE
(916)787-HELP**

More info at: parentproject.com

Parent Class	
Unit 1	Understanding Our Children Strong-Willed vs. Compliant Children Influence vs. Control Influencing and Motivating Children
Unit 2	Addressing Problematic Behavior Expectations and Feelings Preparing to Address Problematic Behavior Threats of Running Away and Suicide
Unit 3	A Parent's Formula for Success Active Supervision Creating Structure Improving School and Homework Behavior
Unit 4	Adolescent Drug Use What's Out There Recognizing Alcohol and Other Drug Use Drug-Use Intervention Techniques Six-Step Action Plan Finding Help
Unit 5	The Out-of- Control Child Our Children's Choice of Friends Preventing Gang/ Occult Involvement Out-of-Control Children
Unit 6	Developing a Personal Action Plan Concept Review Establishing House Rules Effective Action Plans Time to Act
Unit 7	Finding Help and Support Support for Parents Help for Children Working in Support Groups
Unit 8	The Dynamics of Change "It's Not Working!" The Phases of Change
Unit 9	Managing Conflict in the Home Taking Time Out Negotiating a Compromise
Unit 10	Graduation

Teen Class
Introductions Introduce the students to one another and establish class rules. Students will begin to identify their strengths and weaknesses and begin to dialogue about self-concept. Students will begin to look at their values and what are the components of family relationships. Students will discuss the process of change in their family.
Values Students begin to explore values and what influences them. Also they discuss how attitude and self-concept influences their choices.
Goal Setting Students will work on setting goals for themselves and how to achieve these goals. Students will identify who can support them in their goals.
Stress Management Students will learn to recognize the stresses in their life and the stresses they can and cannot control. Students will learn techniques for reducing their stress levels.
Anger Management Students will learn to define conflict, examine the positive and negative associations related to conflict. Students will identify their own personal style for dealing with conflict. Students will learn alternatives for managing their anger.
Communication Students will learn fundamentals of communication such as styles, processing messages, and barriers. Students will practice communication skills.
Drug/Alcohol Use Students will learn what the effects of drug and alcohol use is on their life. Students will identify the consequences of using drugs and alcohol. Guest speakers will be brought in.
Destructive Behavior Students will learn the consequences of their destructive behavior, including poor school attendance, sexual activity, committing crimes, etc. Students will also examine the consequences of poor family relationships.
Peer Pressure and Relationships Students will be able to examine positive and negative peer relationships in order to make successful choices.
Closing Students will review what they learned in class and reinforce how they can use it at home and in the outside world.