

Parenting Partners: Raising a Successful Teen

FREE through Mesa's Parent University!

All workshops are Tuesdays at Carson Jr. High
525 N. Westwood in Mesa

For more information, contact Eva Dwight at 480.363.7686
or endwightccc@gmail.com

In this series of workshops, parents will learn skills for raising teens who are responsible, respectful, and resilient! ***Each workshop is set up as an individual class, so parents can attend the ones that work best for their schedule.*** Come with challenges—leave with great tools for your parenting tool belt!

August 21st 6:30 – 8:30 PM: Getting Your Teen to Cooperate

Teens who are respectful...who don't bicker or talk back...who follow directions...who do their homework...AND THEIR CHORES!...who are fun to spend time with....

IN YOUR DREAMS, RIGHT?

NO—IT'S POSSIBLE! LET ME SHOW YOU HOW!

August 28th 6:30 – 8:30 PM: Less Yelling, More Talking!

Parents, are you tired of nagging your teen to follow through with chores, homework, and other responsibilities? Learn strategies for teaching your child to follow through, managing disrespect and backtalk, and--most important--building a positive relationship with your teen.

September 4th 6:30 – 8:30 PM: Improving Your Teen's Behavior

Is your child underperforming at school or misbehaving at home? You ask them why and the answer is, "I don't know." You ground them but it doesn't do much good. Learn to go beyond consequences to problem solving, and guide your teen toward better behaviors that will lead them to success, and you to more joyful parenting!

September 11th 6:30 – 8:30 PM: Getting Your Teen to Listen to You!

Remember the adults in the Charlie Brown specials? Do you ever feel like one of those adults—all your teen seems to hear is "Wah wah wah wah wah"? Learn more effective ways of communicating with your teen about tough topics—anything from homework to dating to drugs—and grow your connection by listening to their words...so they will listen to yours.

October 16th: Rebellious teens! How can we get them to listen to us and make good choices for themselves? Parents will learn the difference between empowering and enabling kids as they go through their rebellious phase, and walk away with strategies for staying connected even in the most challenging parenting moments!

October 23rd: How does your child react to the tough stuff that life throws at them? Some kids give up too easily and never give themselves the chance to see what they can really do. Others take on too much and collapse under the weight of perfectionism and overachievement. Parents will learn strategies for helping children manage challenges with confidence, cope with stress effectively, and increase the connection within the family.

October 30th: Research is finding that students' ability to be persistent is the best predictor of their success in life. In this interactive workshop, parents will learn how to teach children to be persistent when school gets hard, and when life gets hard.

November 6th: Teens are natural risk-takers. We want our children to be courageous, but we also want to keep them safe. Ignoring won't make risks go away but lecturing only makes kids tune us out. In this workshop, parents will learn strategies for communicating with children about tough topics in ways that build bridges, rather than walls.

November 13th: Teens like to push the boundaries and parents often don't know what to do except push back. What if there were an alternative to that power struggle? Parents will learn more bridge-building strategies that result in greater connection with their kids.

What are parents saying about Eva Dwight's classes?

"Eva offers great ideas! She is very energetic and kept my attention!"

"Eva's classes are very enlightening and interesting!"

"I feel empowered to try some new things at home with my child!"



After teaching junior and senior high English for 12 years, Eva Dwight earned her Masters Degree in counseling in 1997 and worked as a school counselor for 20 years. She is a Certified Positive Discipline Trainer, an Associate Certified Coach, and a trainer for the world renowned Gurian Institute. Her parenting articles appear regularly in the nationally published blog allthemoms.com. She has been married for 32 years and is the proud parent of two sons, ages 21 and 23. For more information about the services she offers, go to www.creativecoachingconversations.com