

## Who Should Come to PYA?

PYA is for any parent who wants to help their teen achieve independence and responsibility, while developing mutual respect and stronger relationships in your family.

## Why Come to PYA?

Let's face it, it's tough to be a parent these days, and teens don't come with a manual! On the roller coaster ride of parenting teens, it's hard to know when to steer or when to just sit back and enjoy the ride! This group is all about helping you rebuild your confidence as a parent and maintain a positive influence on the life of your teen.

As staff of the Janeway Family Centre, we believe PYA is simply the best program we offer. Better yet, it's free, fun and we offer many groups each year.

Give it a try! Come learn and have fun in a warm and friendly environment!

If you are interested, please call:



Stephanie Thompson @ 945-6586 or  
Melissa Seymour @ 945-6582



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## Got Teenagers?

Do you have a son or daughter who...

- is absolutely sure that YOU were never his or her age?
- speaks in shrugs, grunts and other strange sounds?
- seems unaware that volume control knobs also turn to the left?
- can remember the words to every hit pop song but none that you said five minutes ago?
- is allergic to chores, homework, getting up in the morning, and sometimes...you?
- seems sad, irritable or just plain angry?
- is involved in behaviour that leaves you feeling scared and helpless?

If you answered **YES** to any of the above questions,

Come to:

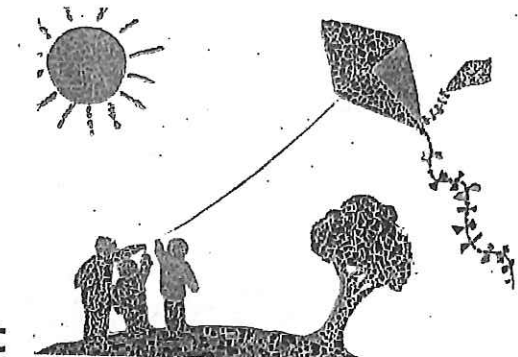
**P**arenting

**Y**our

**A**dolescent

*A group for parents offered by staff of*

Mental Health Services

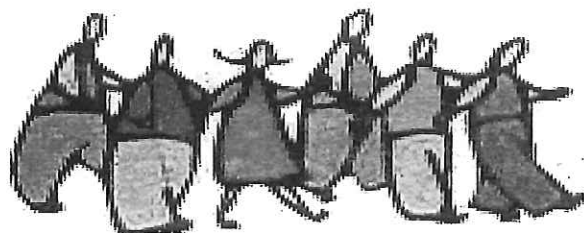


## ***What is Parenting Your Adolescent (PYA)?***

Ever feel like parenting a teenager feels like riding a roller coaster?



PYA is a group for parents/caregivers of teenagers that will help you learn to steer that roller coaster in the right direction. More importantly, you'll learn how to build a better relationship with your teen and feel better about yourself in the process (You might even learn to *enjoy* the bumpy ride!).



We cover the following topics:

*Week 1: Getting Started*

*Week 2: Understanding Teen Development*

*Week 3: Continued Development, Temperament, Self Care for Parents*

*Week 4: Building Positive Relationships with Teens*

*Week 5: Parenting Styles and Understanding Behaviour*

*Week 6: Healthy Communication With Teens*

*Week 7: Discipline: Developing Responsibility In Teens*

*Week 8: Special Topics and Wrap Up*

## ***What is PYA Like?***

PYA groups are led by 2-3 social workers and / or psychologists who work with parents and teens. But the *real* experts are the parents! In groups of 10-20 parents / caregivers, you'll get a chance to connect with other parents and learn from each other.

This group is not a boring class! We'll watch videos, try fun activities and discuss topics – parents tell us that they look forward to coming to group.

You don't have to talk, you can just listen. Our goal is to provide a supportive and relaxed environment for parents of teens.