



The Fort Monroe Family Advocacy Program Presents

1-2-3 Magic...

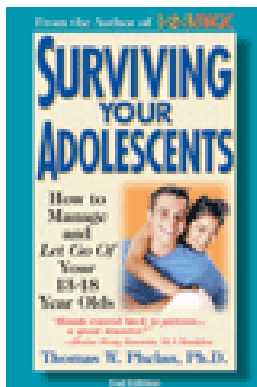
Surviving Your Adolescents

How to Manage and Let Go of Your 13-18 Year Olds

When: Saturday 2 February 2008 from 0900-1400 hours
(refreshments will be served)

Where: Soldier and Family Support Center
Bldg. #206, 96 Stilwell Road, Fort Monroe
(next to the Community Activity Center)

Register: By phone 788-2758 or 788-3878
(Space is limited to 26 participants)



In **Surviving Your Adolescents**, you will learn:

- What is normal adolescent behavior
- How to manage teenage risk-taking
- Exactly what problems require your “letting go”
- The Four Cardinal Sins (What not to do)
- The relationship between parent/teen communication and safety
- The five ways to improve your relationship
- What role to take: Observer, Advisor, Negotiator, Director
- How to respond to emotional blackmail
- From fashion to passion: guidelines to specific problems

Participants who complete the course will receive a copy of the book Surviving Your Adolescents by Dr. Thomas Phelan

Please make your own child care arrangements...we ask that children of any age do not attend the training.