



Parenting Workshops

Goal: For parents to gain greater understanding & obtain parental skills in order to improve family relationships and be pro-active in the development of their children.

1. **Transitioning into and through Adolescence - November 2, 2009 - Monday night - 7-8:30**
 - Understanding what is normal
 - Tips to navigate through these waters
 - Looking at common parental mistakes

2. **Connecting through Communication - November 9, 2009 - Monday night - 7-8:30**
 - Communication vs. connecting – your style of talking
 - Four essential points for connecting with youth

3. **Searching for Significance - November 16, 2009 - Monday night - 7-8:30**
 - Connecting through community
 - Youth ask the question “What’s my identity?”

4. **Strong Fathers (Dads) - January 15, 2010 - Friday night - 7-8:30**
 - Stages and styles of fathering
 - The important goal of shaping your child

Dating Dangers (Moms) - January 15, 2010 - Friday night - 7-8:30

 - Abusive relationships – emotionally, verbally and physically
 - Setting boundaries
 - Healthy date relationships

5. **The Wired Generation - January 22, 2010 - Friday night - 7-8:30**
 - How it is impacting youth and their relationships
 - Looking at the good and the bad impacts of technology
 - Ways parents need to respond to the “wired” generation

6. **Faith Based Parenting - January 29, 2010 - Friday night - 7-8:30**
 - Help in establishing a faith foundation within the family
 - Understanding youth’s viewpoint on “religion”
 - Forgiveness – breaks strong holds

**All sessions are sponsored by and will be held at New Town UMC
5209 Monticello Ave.**

Call 757.258.1072 to register

There is no charge - just your commitment

Formulated as focused 90-minute sessions with stand-alone topics, the program makes it easier for busy parents to participate in all sessions or to register only for topics of particular interest to them. Using a DVD program as a foundation of each session, additional materials will be given and discussions will be held.