

REGISTRATION IS OPEN:

Adolescent COPE Community Parent Education (8-week Program)

Dates: March 31 to June 2, 2014
(Mondays, excluding stats)
Time: 6:30 – 8:30 pm

Location: Associated Youth Services of Peel
160 Traders Blvd E., Suite 100,
Mississauga



What is Adolescent COPE?

Adolescent COPE is a free 8-week parenting course for
Parents/caregiver of youth in grades 7 to 10

Is Adolescent COPE Right For You?

- Would you like to decrease the parent-teen or sibling conflict at home?
- Would you like to feel more listened to by your teen?
- Would you like to see your teen's motivation improved at home or school?
- Do you want your teen's behaviour to be more respectful?
- Would you like your teen to make better choices?

If you answered **YES** to any of these questions, COPE might be right for you.

Adolescent COPE Objectives

- Reduce parenting stress
- Improve and strengthen relationships between parents/caregivers and teens
- Plan ahead of time for predictable problems before they happen
- Use consequences and rewards effectively
- Strengthen your family's network of supports and increase your knowledge of community-based resources

Childcare and assistance with transportation is available, if needed.
Healthy refreshments are provided

To register for group or for more information, please contact Teanna Brun –
Group Services Coordinator, Associated Youth Services of Peel –
at **905.890.5222 ext. 1243** or **tbrun@aysp.ca**

Brought to you in collaboration by:



Adolescent COPE

8-session Course Outline

Associated Youth Services of Peel

6:30 – 8:30 PM

| Session | Date | Topic |
|----------------|-------------------|--|
| 1 | March 31, 2014 | Communication |
| 2 | April 7, 2014 | Conflict Reduction |
| 3 | April 14, 2014 | Cooperative Transitions Getting your teen to do what you want them to do! |
| 4 | April 28, 2014 | Collaborative Planning |
| 5 | May 5, 2014 | Negotiating with your Teen |
| 6 | May 12, 2014 | House Rules & Monitoring |
| 7 | May 26, 2014 | Consequences for Serious Problems |
| 8 | June 2, 2014 | Problem Solving & Closing |

The Adolescent COPE group is presented in collaboration by:

