



## Tools for Change

A Free Workshop for Parents & Caregivers  
of Adolescents (ages 12-18)

A **five week** series providing support for families  
to help teens grow into safe and competent adults.

- ✓ Learn effective ways to talk with your teen.
- ✓ Improve family relationships.
- ✓ Learn strategies to improve you and your child's well being.
- ✓ Find solutions for delinquent behaviors.

Five Tuesday evenings beginning:



**February 27, 2024**

**5:30 - 8:30 PM**

**Location:** Fremont Family Resource Center  
inside Pacific Room. 39155 Liberty Street,  
Fremont, CA 94538

Space is limited.  
Please pre-register.

### **ONLINE** **REGISTRATION**

**Lead instructor:** Anya Marquez Richard  
is a Licensed Marriage and Family  
Therapist, providing counseling services  
to adolescents and adults at City of  
Fremont Youth and Family Services.  
Anya is a certified parent educator and  
has been facilitating parenting classes  
for over 12 years.

For more information  
(510) 574-2100  
email: [YFS@fremont.gov](mailto:YFS@fremont.gov)

Workshop sponsored by:

