



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

Workshop sponsored by:

