

**NEW FROM THE PARENT CENTER!**

Join Drs. Alan Dienstag and Katie Sawyer for a monthly series that covers our most requested and important parenting subjects!

*all sessions @*

**Hommocks, 9 - 10:15AM**

# Are we **THERE** yet?!

*a path to effective parenting*

**Register  
here!**



**START**

1 NOV 13

### Creating Your Family's Drug & Alcohol Policy

Learn strategies for effective conversations about drugs and alcohol with your kids.



2 DEC 11

### Siblings, Rivalry, & Lifelong Bonds

Understanding sibling relationships - both the ones that shaped you and those unfolding in your home.



3 JAN 15

### Things to Love About the Adolescent Brain

Discover the wonders of the teenage brain and why we should celebrate it!

5 MARCH 12

### My Parents & Me

Explore how our own childhood experiences influence our parenting style.



4 FEB 12

### School Avoidance & Other Anxieties

Learn strategies and gain insights to support your anxious child

6 APRIL 9

### Birds, Bees, & Brave Conversations

Learn ways to approach these discussions about sexuality from childhood through adolescence.



7 MAY 7

### Parenting Superpowers

Discover and harness the incredible strengths you already possess as a parent.



**COMMUNITY  
COUNSELING  
CENTER**

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