

SB SCHOOL OF **CC** EXTENDED **LEARNING**

CONNECTING WITH YOUR TEENAGER



Saturday, November 17

9:00 AM – 1:00 PM

**Schott Campus, Room 3
310 West Padre Street
Santa Barbara, CA 93105
(805) 687-0812**

Tuition: \$32

It is a myth that all teenagers need to rebel against their parents. With the tools of democratic discipline, parents can avoid power struggles and enjoy a close relationship with their teens. Discover the important distinction between conflicts of needs and conflicts of values. Explore communication skills that facilitate conflict resolution, and learn how to stay connected as your child grows older, set limits without punishment, and help teens cope with stress. Engage in interactive activities to practice the techniques learned and come away with tools to communicate better with your teen! Parents of pre-teens are welcome.

ALETHA SOLTER is a Swiss-American developmental psychologist, founder of the Aware Parenting Institute, and the author of five books for parents, including *The Aware Baby*, *Cooperative and Connected*, *Tears and Tantrums*, *Attachment Play*, and *Raising Drug-Free Kids*. She is recognized internationally as an expert on attachment, trauma, and non-punitive discipline.

For more information visit: www.sbcc.edu/extendedlearning

(This class is listed in the category “Special Topics” under fee-based life enhancement classes.)