



Parent Information Classes

Future Focus offers court and school districts the option of, *Parent Information Classes*. These events are based on topics that revolve around material parents need to better improve the overall relationship with their child. They are held at a location chosen by both the program and the court or school system, with time and date of event to be determined by both parties.

Suggested topics would include:

Social Networking Safety. Understanding your child's communication avenues

Social/Emotional Anxiety in School. Recognizing the signs

Expectations. Are you and your teen on the same page?

How to talk to your teenager/Draw your line. Better Communication leads to stronger relationships

Compromise & Independence. Find balance between holding on and letting go

Making Mistakes. Talk-Forgive-Learn-Encourage. Conflict Resolution

Angry Teens. What is really going on?

Peer Pressure & Self Image. Tools to encourage self confidence

**Other topics can also be discussed, with discretion, such as: addiction, bullying, etc.

These classes can be catered to the needs of your community. Programs have the option of utilizing all topics or choosing those that specifically relate to their parents.