

# MARK YOUR CALENDAR

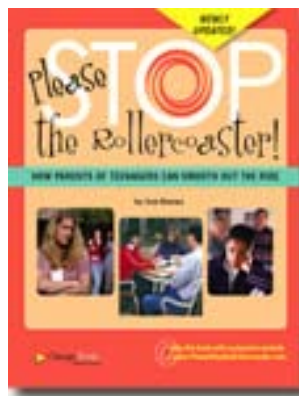
JANUARY 25<sup>TH</sup> 1PM AND 7PM

In the PAC

Parent Book Discussion with  
SUE BLANEY the author of:

*Please Stop the Rollercoaster!*  
*How Parents of Teenagers Can Smooth Out the Ride*

***A Guide  
for  
Parenting  
Teenagers***



***... and a Parent  
Discussion  
Group Program  
in a book***

Is your teenage son or daughter puzzling you? Do you wonder what kinds of rules you should be promoting? Are you trying to figure out if her/his behavior is within "normal" bounds? Parents do better when you don't do this alone....let us help.

**This book is aimed for parents with teens in grades 6 - 11.**

*Please Stop the Rollercoaster!* is a guide for busy parents of teenagers who find themselves unsure of their changing role. Grounded in research, this book offers a wealth of practical, succinct information. It guides parents to examine and discuss the most important issues they are likely to face. The hands-on approach helps parents understand their developing adolescent.

- Learn from the experiences of other parents and examine the most important issues you may face,
- Stop reacting and learn how to be intentional in words and actions,
- Examine key issues before you are faced with a crisis,
- Explore specific ways to improve communication with your teen,
- See your influence on your teen's engagement in risky behaviors,
- Learn about the importance of friends and the impact our culture has on your adolescent.