

MONTA VISTA PARENTING CLASS

The 2021 Parenting Class.

There is only this one series for the school year.

Wednesdays, September 29 – November 10, 2021, 5:30pm-7:00pm.

Location: TBA

7 sessions long. The only cost is the \$15 book.

You can register by emailing me at Richard_Prinz@fuhsd.org
Questions are welcomed.

The classes are based on the STEP program. STEP stands for Systematic Training for Effective Parenting. This program is specifically geared for teens. It has been around awhile and has proven helpful to many. For example, it asks if you have a giving orders, giving in or giving choices parenting style and what the effects on you and your child these styles might have. Which style do you find promotes the kind of adult you want your child to be?

Topics include: Understanding your teen, emotions (yours and theirs), encouragement, identifying whose problem is it--yours or your teens, communication (listening, expressing your feelings) and exploring with your teen alternative ways of thinking and behaving, and discipline (developing responsibility).

You are more than welcome to attend more than one series of classes. Because the program involves changing yourself, it helps to hear the ideas again and practice more. Also, your experience can be helpful to others. Participants need to come to all or close to all of the classes. There will be homework. Teen consultants will be in attendance as well.

Course Book: STEP: Parenting Teenagers, copyright 1998, by Dinkmeyer and McKay. STEP Publishers. This book is required. Please purchase it and read the first chapter prior to the first class. I will have copies available for sale a week before the first class.

I am a School Based Therapist at MVHS and a licensed Marriage and Family Therapist.

I look forward to meeting you, Richard Prinz

