



teen health centre

THC Parent Support Group Program

THC knows that **being a parent of a young person can be as fulfilling, frustrating, exhilarating and bewildering as being a teen**. Even though no two teens are exactly alike, most share common challenges and growing pains. THC's Parent Support Group Program brings **caring and concerned parents** together to **learn ways to communicate with their teens** and handle adolescent behaviours.

People who join our parent support group program are parents who are looking for answers to the question:

"What can and should I do about my teen?" These parents are facing difficulties in understanding and accepting their teen's behaviours or actions. Or they are having trouble managing and understanding their own behaviours or actions when interacting with their teen.

The program provides answers. It teaches parents communication skills that not only enable parent and teen to discuss **and explain needs, values and expectations**, but actually **build and enhance their relationship**.

Parents are equipped with information, awareness and skills that increase their understanding of their teen and help them **become steady, guiding influences** in their teens' lives.

The parent support group program runs for two hours, once per week over a 10-week period. Due to the popularity of this program, it is operated continuously at the Teen Health Centre.

The programs proven success rate is attributed to the constructive topics covered:

- setting up and keeping a daily journal to track behaviours
- problems or just symptoms?
- Determining physical and emotional symptoms
- pre and post group test - Evaluation (wk. 1, 10)
- outcome Group Evaluation (wk. 10)
- parent - Self-Assessment on - Irrational Thoughts/Beliefs
- setting Limits
- when/how/why - to punish/consequence
- stress management and signs of wear and tear
- communication shutdown and how to start again
- new habit-making for you and your teen
- a life principle: Love (forgiveness in action)
- managing your anger
- the risk factor, how and when to take risks
- taking care of your body through relaxation, exercise, nutrition and self-expression
- the maturing process: intellectual, emotional, social, moral
- checking out assumptions, clarifying values
- the human faculty, the games we play
- learning lie meditation process, the win-win solution
- just like practice, rehearsing and role playing
- the three basic emotional afflictions we must live with: anxiety complex guilt complex/inferiority complex
- communications skills, recognizing feelings, reflective listening, "I" statements vs. "You" messages
- follow-up evaluation at a reunion three months later

For information regarding our next parent support group program, please call Parent Program Co-ordinator.

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Web Site: www.teenhealthcentre.com