

# Parenting Teens Through Crisis



Confidential Question and Answering Parent Group  
Open to parents who have youth currently involved in the juvenile justice system.

Class held from **5:30 p.m. to 6:45 p.m.** on the second  
Wednesday of every month:

April 8  
May 13  
June 10  
July 8  
August 12

September 9  
October 14  
November 11  
December 9

## Parenting Series

This informative session helps parents with:

- Talking with your teen about Marijuana
- Communicating with your shut down teen
- Rewards, Consequences and Managing behavior
- Families and substance use
- Self-care strategies
- Supporting your teen in their healthy relationships.
- When to get your teen help: warning signs of mental health
- Taking back your power in power struggles

Class held from **5:30 p.m. to 6:45 p.m.** on the third  
Wednesday of every month:

April 15  
May 20  
June 17  
July 15  
August 19

September 16  
October 21  
November 18  
December 16



All classes are held at the YouthZone Glenwood Springs office:  
803 School Street

Classes are **FREE**, but advanced registration required at 970.945.9300