

# Hot Topics For Today's Parents



**2230 Rochester Road  
Pittsburgh, PA 15237**

(Workshops held in Bovard Hall.)

Sponsored by St. John Neumann Parish, attendance for these dynamic workshops is free to parents and grandparents.

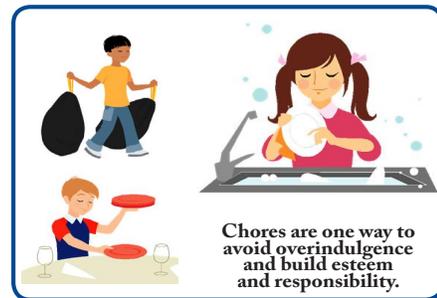
To register for this workshop, call Barb Stokes at 412-366-5885 x13

Monday, April 13 7:00pm to 8:30pm

## 5 Parenting Tips – to Avoid Overindulgence –

**Raise likeable, self-sufficient and respectful children.**

For parents & grandparents of 3-10 year olds



*The hard truth is that when parents overindulge, they can undermine their children's competence and confidence. In this workshop, learn about the 3 ways overindulgence occurs, the hazards of overindulgence and how you can turn things around if you see a pattern in your family.*

Monday, April 20 7:00pm to 8:30pm

## Raising Responsible Kids

For parents & grandparents of 4-14 year olds



Discover how to "hang on" during those turbulent times of rebellion. Join us as we explore strategies to: Empower your children in healthy ways, Provide decision making opportunities, Teach responsibility, Build relationships and communication, Set limits and teach choices and consequences, and Learn 25 ways to say, "No."

Monday, April 27 7:00pm to 8:30pm

## The Teen Brain: Danger & Opportunity

For parents & grandparents of pre-teens & teens



*A teenager is often like a car with a strong accelerator but a weak brake. Our teens have powerful impulses often under poor control and that can result in a CRASH. But, we can respond wisely to the challenges of a cultural environment that promotes high-risk behaviors like drugs, alcohol or early sex. Find out how you can help your teen put on the brakes and successfully navigate this difficult stage of adolescent life.*

The above workshops are all presented by Joan Schenker, Parent Education Coordinator at Anchorpoint Counseling Ministry. Joan has over 20 years experience as a counselor, teacher, and is the mother of two sons. Visit our website for more information about Anchorpoint.



**Anchorpoint**  
Counseling Ministry  
[anchorpointcounselingministry.org](http://anchorpointcounselingministry.org)