

In this group you will:

- Learn to better understand your teen
- Address common difficulties
- Learn to keep open and effective communication with your teen
- Acquire helpful responses to improve your relationship with your teen



United Action for Youth is a non-profit organization partnering with youth, parents and the local community.

Our mission is to assist youth and families in helping themselves to a healthy future. We do this by offering youth development, counseling and prevention programs that make use of young people's talents, creativity and energies.



To register call:

Main Office
Phone: 319 338-7518
410 Iowa Ave., Iowa City

Did you hear???

UAY is offering a new group for parents!

Parenting Teens—

Meeting the challenges & Improving relationships



WHEN?



Beginning February 2nd, and every Tuesday 6:30 -8:00 pm, for eight weeks.

The group will not meet on the week of spring break (March 16th).

WHERE?

410 Iowa Avenue—UAY main building

WHO?

The group will be led by:
Diane Tonkyn - A.T.R.-BC, MFT
& **Asya Gindin** - MSW candidate at the UI

WHAT?

Receive information on adolescent brain development and how it is related to teen's behavior. Acquire skills to address common challenges. Meet with other parents for support and to discuss the challenges of raising healthy teenagers.

HOW?

- Learning about adolescent development
- Using experiential techniques
- Self exploration
- Brainstorming with other parents—what works and what does not?

COST?

\$60 per family for the complete eight week session, fully paid at the first meeting. The fee includes supplies, hand-outs and snacks.

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UAY Main Office
Phone: 319 338-7518
Or Email:
Asya.Gindin@unitedactionforyouth.org