



TYA FAMILY EDUCATION PROGRAM CALENDAR



September 2016 - April 2017

BUDGET FRIENDLY FAMILY PROGRAMS

Girls Stand Strong: 4 session program developed to help girls deal with social pressure, bullying, confidence issues.

Led by Erin Zeller, LMSW, CTS. **\$10 per youth**, youth sessions include pizza. Troy Schools Services Building.

Girls 4th – 6th grade: October 3, 10, 17. Parent/Youth Session: October 24. All sessions from 6:00 – 7:30 pm.

Girls 7th – 8th grade: February 27, March 6, 13. Parent/Youth Session: March 20. All sessions from 6:00 – 7:30 pm.

Yo’Kids: 4 session program introducing Yoga to children. Meant to help youth focus, concentrate, strengthen, relax.

Led by MaryBeth Halushka, RYT. **\$10 per child**, includes yoga mat.

1st – 3rd grade: October 4, 11, 18, 25 from 6:30 – 7:15 pm.

4th - 5th grade: January 24, 31, February 7, 14 from 6:30 – 7:15 pm.

Overcoming Frustration and Anger: 4 session program designed to help boys deal with frustration in a positive way BEFORE it turns to anger. Led by Chandler Fleming, LMSW. **\$10 per youth**, youth sessions include pizza.

Boys ages 10 – 13: October 25, November 1, 15 from 6:00 – 7:30. Parent/Youth Session: November 8 from 7:00 – 9:00 pm.

Parent Café: 3 session parenting class in a group discussion format. For **parents of pre-school aged children**.

No cost class. Free child care and snacks provided.

March 8, 15, 22 from 9:00 - 10:00 am at Niles Community Center.

STRONG Program: 6 session program for teens with a history of or the possibility of alcohol or drug abuse.

Led by Janice Neely, MA, LLPC. **\$50 per youth**. Parents attend first and last session with youth.

MUST BE PRE-APPROVED to register, class size limited to 15 students.

Ages 13-16: Fall Session at Rochester YA, call TYA office for dates.

Ages 13-16: April 12, 19, 26, May 3, 10, 17 from 6:30 – 8:00 pm at Troy Schools Services Building.

Parenting for Tomorrow: 1-1/2 hour program. Parents will learn to set standards for teens which will lead to responsible behavior. Led by Dr. Guy, MD. November 7th, from 7:00 – 8:30 pm, in the Troy Schools Services Building Board Room.

The Right to be the Grown Up: 1-1/2 hour parent program to help parents be parents to difficult teens. Led by Jerome Price, MA, LMSW, LMFT. March 27th from 7:00 – 8:30 pm, in the Troy Schools Services Building Board Room.

Online Parenting Programs:

Insights with Dr. C: Dare to Discipline

<https://vimeo.com/156889832>

presented by Mary Johnson Palazzolo, LMSW, Insight Counseling Services

Practical parenting strategies to address typical misbehaviors of pre-K - elementary-age children

The High Cost of Free Love

<https://vimeo.com/156871818>

presented by world-renowned abstinence educator, Pam Stenzel

Today’s society encourages sexual activity, and young people must have a compelling reason to commit to sexual abstinence. The presenter tackles the tough issues of sexual activity, sexually-transmitted diseases, and pregnancy while challenging young people to embrace the benefits of abstinence.

Insights with Dr.C: Trends, Friends and Fatal Ends

<https://vimeo.com/159550048>

presented by Dr. Douglas Carpenter, PSYD LP, Insight Counseling Services

Tweens and teens are getting a *buzz*. Hear about the trends in drug and alcohol use, the dangers and long-term damages of substance abuse, and how to respond to these parenting challenges.

Additional Online Programs This Fall, check troyyouthassistance.org for updates.

REGISTRATION REQUIRED FOR ALL MULTIPLE SESSION PROGRAMS – LIMITED SPACE AVAILABILITY

FOR MORE INFORMATION OR TO REGISTER, contact Troy Youth Assistance at:

troyyouthassistance@troy.k12.mi.us

248.823.5095

www.troyyouthassistance.org