

Are you feeling
angry, confused, desperate, frightened or frustrated
with the challenge of parenting your out-of-control teen?

SOLUTIONS ARE AVAILABLE!

The Parent Project®

For parents raising today's strong-willed and destructive teens.

The Parent Project is a nationally proven program for changing destructive and out-of-control adolescent behavior. This program has helped hundreds of families in Contra Costa County and the adjacent areas. It is designed for any care provider dealing with serious adolescent acting-out. Learn effective parenting skills and get the support you need.

Parents Who Complete The Course Will Learn How To

- * Restore love & unity to their family
- * Improve the self-esteem of their teen
- * Improve school performance & attendance
- * Identify & intervene with drug & alcohol abuse
- * Confront problematic behaviors without arguing
- * Reduce family conflict & improve family relationships
- * Actively deal with negative peer associations & gang involvement
- * Effectively respond to threatening, destructive & assaultive behaviors

The PARENT PROJECT is presented over an 11-week period. Classes are held on Thursday nights from **6:30 to 9:30 p.m. in Classroom A at the John Muir Behavioral Health Services Center**, 2730 Grant Street, Concord, 94520. Consultations are available before and after class. Classes are scheduled throughout the 2008/2009 school year. **The \$60 registration fee includes the cost of 11 classes, the text-book and all of the handouts.**

**For more information, or to register for this powerful program,
please call**

Jerry Zimmerman, (925) 687-0374

Melody Royal, (925) 682-8000 X4297

Mt. Diablo Adult Education (925) 685-7340 ext. 2771

Sponsored by

Mt. Diablo Adult Education/Mt. Diablo Unified School District,
Student Services

And

John Muir Behavioral Health Services (formerly Mt. Diablo Medical Pavilion)

Parent Project[®]

2008- 2009

Facilitators: Jerry Zimmerman, Psychologist
Melody Royal, MDUSD Parent Liaison

John Muir Behavioral Health Center
Classroom A
2730 Grant Street
Concord 94520

Session 1 (9/11/08-11/20/08)

9/11, 9/18, 9/25, 10/2, 10/9, 10/16
10/23, 10/30, 11/6, 11/13, 11/20

Session 2 (1/8/09-3/19/09)

1/8, 1/15/, 1/22, 1/29, 2/5, 2/12,
2/19, 2/26, 3/5, 3/12, 3/19

Session 3 (3/26/09-6/11/09)

3/26, 4/2, 4/9, 4/23, 4/30, 5/7, 5/14
5/21, 5/28, 6/4, 6/11

Thursdays, 6:30 to 9:30pm

(\$60 includes text & handouts)

Please return completed **Registration Form*** & **payment**, checks are to be made out to MDAE and mailed to:

Parent Education Program
1266 San Carlos Ave
Concord, CA 94518

*Complete the online [Registration Form HERE](#), print it, THEN MAIL IT with attached check - PLEASE DO NOT SUBMIT ELECTRONICALLY.

[MDAE website](#) (click here)