

Parenting Circle

This is a weekly online support group for parents, caregivers, or guardians of teenagers who have or are using drugs or alcohol.

Group Topics Include

- Initiating difficult conversations with your teen about alcohol and drug use
- Positive parenting tips
- Insight into the experiences of teens
- Developing effective parenting skills
- Understanding mental health
- Resources for parents

Starting December 11, 2020
Fridays 5:00 to 6:00 PM

Intake Fee: \$20 / Session Fee: Sliding Scale

(Currently offering this Group through Zoom)

For information call: (510)629-6210 or email:

cwilliamsjackson@alamedafs.org

Alameda Family Services is a non-profit family services agency.
Facilitators are supervised by a licensed psychologist.