

# parenting a teen?

Youth Alternatives Ingraham offers a course that can help!



## Parent Effectiveness in Resolving Conflict with Your Teen (PERC)

Tuesdays from 6pm - 8pm, September 29th through November 10th

Our seven-week series at the Family Center in South Portland offers valuable information about adolescent development and ways to improve your relationship with your teen. Learn to identify causes for concern, explore ways to respond to challenges, prepare to handle drug and sexuality issues, and connect with community resources for parents.

\$120 for the full 7-week series (\$85 for the class and \$35 for 2 books and materials), sliding scale and full scholarships available. We never turn anyone away due to inability to pay.

For more information or registration,  
please call Deb Dunlap:  
(207) 523-5081  
[www.yimaine.org](http://www.yimaine.org)



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Promoting healthier lives, happier families, and stronger communities since 1967