



OLIVE CREST
Strong Families. Safe Kids.

Stigma-Free@OC
www.stigma-free@oc.com

Each Mind Matters
Office of Mental Health Services

oc health CARE AGENCY

Active Parenting of Teens Course

Our Active Parenting of Teens course is geared toward parents of children between 13-18. This course will give you skills to promote a more satisfying family life and help your children experience greater joy and success. Written by Dr. Michael Popkin, this course will show you a proven, effective approach to parenting that will lead to more harmony and happiness for you and your teens.

You'll learn several strategies for disciplining your adolescent without violence, building open communication, how to prevent risky behavior and more.

THROUGH VIDEO EXAMPLES, CLASS DISCUSSIONS, WORKBOOK ACTIVITIES, AND ACTIVE PARTICIPATION YOU WILL LEARN:

- Use non-violent discipline methods
- Prevent risky behaviors, including drugs, sexuality and violence.
- Avoid communication blocks
- Build courage and motivate adolescents
- Understand teen behavior

For more information, please contact Program Coordinator Tatiana Restrepo at 714.361.4381

Funded by OC Health Care Agency (HCA), Mental Health and Recovery Services, Mental Health Services Act/Prop 63

Active Parenting First Five Years Course

Our Active Parenting First Five Years course is geared towards parents of children between 0-5 years old. This course will provide you with the skills and foundation to embark on this new journey as a parent!

Written by a parenting expert, Dr. Michael Popkin, this course will cover a variety of skills geared toward building a strong and healthy relationship with your child. You will also learn positive disciplining skills.

THROUGH VIDEO EXAMPLES, CLASS DISCUSSIONS, WORKBOOK ACTIVITIES, AND ACTIVE PARTICIPATION YOU WILL LEARN:

- Positive discipline skills
- Maintain open lines of communication
- Teach responsibility, courage, and other character traits
- Encourage school success with a proven seven step system
- Diffuse power struggles with your children

Active Parenting School-Aged Course

Our Active Parenting School-Aged course is geared toward parents of children between 6-17. Our course will give you the skills to promote a more satisfying family life...and help your children experience greater joy and success.

Written by Dr. Michael Popkin, this course will show you a proven, effective approach to parenting that will lead to more harmony and happiness for you and your children.

You'll learn several strategies for school success, positive discipline, communication techniques, and other tips and tricks to help you navigate parenting.

Since 1983, over three million parents have learned from this dynamic program — and now, YOU CAN, TOO!

THIS WORKSHOP WILL TEACH YOU EFFECTIVE WAYS TO:

- Use non-violent discipline that really works
- Maintain open lines of communication
- Teach responsibility, courage, and other important character traits
- Encourage school success with a proven seven step system
- Diffuse power struggles with your children

For more information, please contact
Program Coordinator Tatiana Restrepo
at 714.361.4381



Funded by: OC Health Care Agency (HCA), Mental Health and Recovery Services, Mental Health Services Act/Prop 63

