

TEENAGERS + PARENTERS = ??????????????????????

4 + 1 [COME TO ANY 1 OR COME TO ALL]

4 Nights of PST + 1 Optional Bonus Night – Special Topic
‘SEX, DRUGS, & ROCK & ROLL’ (at MBMS and Beyond)

P.S.T. is one of the popular and informative middle school parenting programs in Manhattan Beach.

Discussions cover communication, anger, control issues, discipline, respect, responsibility, schoolwork, limit setting, M.B. parties, drinking, and drugs!

P.S.T.

(Parent Strategies Training)

Parenting an adolescent is one of the most difficult jobs in life!

It has the least training before arriving “on the job”,
and when you finally feel you have it figure out-
you’re **FIRED!**

P.S.T. is a different type of approach to parenting teens
and is specifically designed for Manhattan Beach parents.

Sessions include networking with other parents and looking objectively
at the task of parenting adolescents.

Tuition is provided by MBMS PTA and the South Bay Youth Project.

Session are led by

Deborah Medicott-Wilson, M.A. and Rocky Wilson, Ph. D.

Four Wednesday Nights –

beginning January 9th thru January 30th

7:00 – 8:30 PM

5th night – **Wednesday, February 6th** - focuses on a Special Topic-
‘Sex, Drugs, & Rock & Roll’ (at MBMS and Beyond)

All classes held at **MBMS in room 220**
(top of 6th grade steps in North end of parking lot)

Questions call Ext. 3320