



Connecting Teens & Parents Program:

This program, which is based on Scott Sells, PhD., “Parenting with Love and Limits: A 7 Step Program for Difficult Teenagers,” provides educational and skill-building classes for teens (12-17 years old) and parents.

Parents and teens attend six 2-hour sessions on selected Mondays from 5:00 to 7:00pm. Contact CLEAN to schedule an enrollment appointment before admission in this class. (Sliding scale fees apply.)

Session One: Learning to identify “Why teens misbehave! Why parents misbehave!” Expressing parent and teen current feelings and frustrations.

Session Two: Learning about your parent and teen “hot button.” Underlying motives of button pushing and activities that teach “button busting.”

Session Three: Introduction to writing contracts between parent and teen. Improving communication between parent and teen.

Session Four: Troubleshooting your contract and developing positive and negative consequences. Developing ironclad rules.

Session Five: Developing a “Positive Teen Report,” learning to deal with the Seven Aces teens use. Completing contracts. Additional activities for teens provided.

Session Six: Identifying five toxic behaviors that poison your relationship with your teen. Learning strategies to restore love and nurturance.