



## Parent Information Workshops

**Meet at Sunrise House: 106 Lincoln Ave. Salinas**  
**Every second Wednesday of the month from 6:30-8:00 p.m.**  
**Starting September 10, 2008**  
**Don't hesitate to call (831)758-3302 for more information**

### **Common and Popular Drugs: September 10th, 2008**

Today's drugs are different and what's popular is always changing. This workshop will describe the most common drugs and what it looks like if your child is using them.

### **Depression and Cutting: October 8th, 2008**

Different forms of self-mutilation, the reasons kids cut, and the role depression plays in your child's life will be discussed.

### **Stress: November 12th, 2008**

Stress can be the root of many different problems. Like any other life skill, coping with it gets better with practice. Helping your teen combat stress with different coping strategies will be the focus.

### **Never Alone: December 10th, 2008**

A support group for teens age 12-18 who have been sexually abused will be described and explained. Ways to approach the subject of abuse openly with your son/daughter will be offered.

### **Community Resources: January 14th, 2009**

There are a lot of resources in the Salinas area that go unnoticed. A brief description of all of the services that are available to parents will be the topic along with how to use them appropriately.

### **Time-Outs for Parents: February 11th, 2009**

Time-outs foster trusting relationships and are a good way to solve problems in a healthy way. Time-outs work for parents and for children and help each know that issues can be discussed without violence.

### **Signs of Gang Involvement: March 11th, 2009**

Information on the local gangs as well as what gangs are making their way into town will be discussed. What to look for in your child's actions, dress, and demeanor will be the main focus.

### **Talking With Your Teen: April 8th, 2009**

Communication is a key role in raising a child that knows how to make responsible decisions. Talking with your teen about subjects such as drugs, sex, sexuality and abuse can be hard but tips on how to start and keep the conversations going will be exhibited.

### **Community Involvement: May 13th, 2009**

Getting your child involved in the community through service, athletics, or employment is often times just the thing a child needs to get them motivated and feeling good about themselves.