Tools for Change: A Workshop for Parents and Caregivers of Adolescents (ages 12-18)

Delivering results, Tools for Change is a 4-week class series providing support for families within the Tri-City area. Caregivers learn effective prevention and intervention techniques to help their teens grow into safe and competent adults.

- Never argue with your child again
- Improve family relationships and create peace in the home
- Learn strategies to improve your and your child's well-being
- Find solutions for unwanted, dangerous, or delinquent behaviors

LOCATION:
Ruggieri Senior Center
33997 Alvarado-Niles Road, Union City, CA 94587
One-time $50 fee required to register.
Scholarship applications are available upon request.
Parents and guardians are strongly encouraged to attend class together
*Limited childcare may be available. Please call for more information.

INSTRUCTORS:
Kristie Potter is a licensed Marriage and Family Therapist and Clinical Supervisor with Union City Youth and Family Services. Kristie is a certified parent educator and has worked with families and teens for over 20 years.

Anya Marquez Richard is a licensed Marriage and Family Therapist providing counseling services to adolescents and adults at City of Fremont Youth and Family Services. Anya is a certified parent educator and has been facilitating parenting classes for 9 years.

Space is limited, so please take advantage of our pre-registration.
For information about this program and to register, please contact Kristie Potter at 510.675.5217

Supported by the Alameda County Probation Department.