



**This class uses the Systematic Training for Effective Parenting (S.T.E.P.) material. The class will present such valuable information as:**

- How to parent to create resilient children who feel able to meet life's challenges.
- How to determine the goals of your child's misbehavior.
- How to respond to inappropriate behaviors.
- How to decide: "Who owns the problem?"
- Skills which help you to communicate so that your child actually *hears* you.
- How to build mutual respect in your relationship with your child.
- How to be an encouraging parent.
- How to set limits with appropriate consequences and rewards.

The *Parenting Teenagers* or *Parenting Young Children* texts may be purchased at the class for \$15 each.

*Day & Time:* Saturdays, 10:00 a.m.-noon for seven weeks. Class does not meet on holiday weekends.

Place: BILL WILSON CENTER, Multipurpose Room • 3490 The Alameda, Santa Clara

**PHONE TO RESERVE A PLACE IN THE NEXT SET OF CLASSES: (408) 850-6145 Lucy Teo, Intake Counselor.**

*Fee:* 1/3 of your sliding scale fee for counseling, as determined by the intake counselor, Lucy Teo. **There is no fee for parents whose children have been in the Bill Wilson Center Residential Program.**

**INSTRUCTOR: SHARON GRAFF**, Marriage Family Therapist Intern\*, graduated from University of San Francisco with a Master's Degree in Counseling Psychology. She has been working at Bill Wilson Center since 1998. She worked in the Outpatient Clinic with children, adults, couples, and families. In 2000 she started working in Bill Wilson's Residential Program (teens in crisis, ages 11-17) where she works with the teen and his/her family to effect reunification.

*\*Supervised by Deborah Pell, LMFT, Director of Residential Services at the Bill Wilson Center.*



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