

Transform your parenting experience with *Parenting with Purpose: Raising Responsible, Resilient Teens!*

ONLINE - FREE for parents & caregivers of children ages 12 - 18



**Mark your calendar!
Tuesdays in 2027**

7:00 - 8:00 PM Mtn. Standard Time (Arizona Time)

January 12, 19, 26

February 2, 16, 23 (skip the 9th)

March 2, 9, 16, 23

Being a teen in today's world is really hard—and so is being the parent of a teen! Parenting is the hardest, most important job you'll ever do. Shouldn't it also be the most joyful?

This 10-week series teaches practical Positive Discipline strategies for raising respectful, responsible, resilient teens. You'll learn how to

- reduce yelling and power struggles
- improve communication about tough topics
- help your teen manage stress and develop persistence
- and create a more joyful home environment

Each interactive, engaging workshop is designed as an individual class, so you can attend the sessions that work best for your schedule—whether that's all 10 or just the topics you need most right now. For details about each session, [click here](#).

Perfect for parents of teens ages 12-18 who want more connection, cooperation, and confidence in their parenting.

Come with challenges, leave with tools that work!

[REGISTER NOW](#)



or go to
[evadwight.com/workshop-
registration](https://evadwight.com/workshop-registration)

Once you register, you'll receive the Zoom link & other details.

**Your Facilitator:
Eva Dwight, MEd, CPDT**



- Certified Positive Discipline Trainer
- former teacher & school counselor
- proud parent of two children
- Adler Trained Coach
- has trained thousands of parents & educators since 2008
- previous co-chair of the Positive Discipline Association Board of Directors
- website: www.evadwight.com



**MENTAL HEALTH
MATTERS ARIZONA**

We would like to thank Mental Health Matters Arizona for sponsoring this important series for parents.

The Mental Health Matters Arizona Coalition is dedicated to fostering mental wellness and resilience across our communities. Our coalition brings together diverse organizations in Arizona. We are united by a common goal to provide support and resources at no cost to those navigating the complexities of mental health care.

Please contact Christine Driscoll with questions:

cdriscoll@altiorhealthcare.com or
602.705.2735.