Parenting *with* Purpose

RAISING RESPONSIBLE, RESILIENT TEENS

FREE for Parents & Caregivers of Children Ages 12-18

TUESDAYS IN 2027

7:00 - 8:00 PM MST (Arizona Time)

January 12, 19, 26

February 2, 16, 23

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, and resilient teens.

You'll learn how to:

- Reduce yelling and power struggles
- Improve communication about tough topics
- Help your teen manage stress & develop resilience
- 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.

Come with challenges. Leave with tools that work!

REGISTER TODAY!

evadwight.com/workshop-registration

You'll receive the Zoom link & additional details once you register.



Meet Your Facilitator

Eva Dwight MEd, CPDT

After teaching junior and senior high English for 12 years, Eva Dwight earned her Master's Degree in educational counseling and worked as a school counselor for 20 years. She is a Certified Positive Discipline Trainer, an Adler Trained Coach, and she has served on the Board of Directors for the Positive Discipline Association. She has been married for 39 years and is the proud parent of two sons, ages 30 and 28.

For more information about the services she offers, please visit, **www.evadwiaht.com**.

MENTAL HEALTH MATTERS ARIZONA

Parenting with Purpose is sponsored by Mental Health Matters Arizona

The Mental Health Matters Arizona Coalition is dedicated to fostering mental wellness and resilience across our communities. MHMAZ brings together diverse organizations and resources from across Arizona. United by a common goal, to provide support and resources at no cost to those navigating the complexities of mental health care.

For more information, please visit, **mentalhealthmattersarizona.org**, or contact Christine Driscoll at cdriscoll@altiorhealthcare.com.

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SESSION DETAILS

TUESDAYS IN 2027 | 7:00 - 8:00 PM (AZ Time)

JANUARY 12
Session 1: Raising Respectful, Responsible, Resilient Teens

Ready to transform your relationship with your teen? Start here! Learn how to parent with both kindness AND firmness using a "connection before correction" approach. Because teens who feel connected and understood are far more receptive to guidance.

Discover practical strategies for:
- Strengthening your bond while setting clear boundaries
- Replacing power struggles with collaboration

Leave with tools you can use immediately, and renewed confidence in guiding your teen toward responsibility and resilience.

JANUARY 19
Session 2: Less Yelling, More Talking!

Tired of backtalk, emotional outbursts, and daily battles? This session gives you game-changing tools to handle your toughest parenting moments. Learn why teens talk back (and what actually works to stop it), discover the brain science behind big emotions and how to help everyone calm down, and practice tools that get kids to listen without the need for yelling or bribing. These proven Positive Discipline strategies will help you create more peace, respect, and connection at home, starting today!

JANUARY 26
Session 3: Understanding Your Teen's Misbehavior

What if your teen's worst behavior is actually a coded message? This session reveals the hidden goals driving misbehavior. What's really happening beneath the surface when your teen acts out, shuts down, or pushes your buttons. Learn to decode what your teen is actually communicating through their actions and discover how to respond to the underlying need instead of just reacting to the behavior. These Positive Discipline insights transform frustrating moments into opportunities for connection and growth, helping you address the root cause rather than just the symptoms.

FEBRUARY 2
Session 4: Getting Your Teen to Listen to You

Feeling like your words go in one ear and out the other? This session teaches you effective strategies for communicating without lectures or arguments. You'll discover how to strengthen your connection by truly listening to your teen's perspective. When teens feel heard and respected, they're far more likely to listen in return. Walk away with practical tools to transform one-sided conversations into meaningful dialogue.

FEBRUARY 16
Session 5: Improving Your Teen's Behavior

Ready to move beyond punishment and power struggles? This session introduces a collaborative approach that actually works with teenagers. Learn how to solve problems together by focusing on solutions, following through on agreements in ways that build trust and accountability, and guiding your teen toward better choices without nagging or controlling. These Positive Discipline tools help you lead with authority while developing your teen's responsibility and life skills. Bringing more joy and less stress back into your parenting journey.

FEBRUARY 23
Session 6: Empowering Teens to Make Good Choices

Want your teen to make better decisions without your constant oversight? This session explores the crucial difference between empowering and enabling—helping your teen build independence without rescuing them from consequences. Learn strategies for guiding teens toward responsible choices while staying connected, even during their biggest mistakes and challenges. Discover how to step back without stepping away, building your teen's confidence and decision-making skills for the real world. These tools prepare your teen for adulthood while keeping your relationship strong through the most challenging parenting moments.

MARCH 2
Session 7: Helping Teens Cope With Stress

Today's teens face unprecedented pressure, and many struggle silently. This session helps you recognize the warning signs when your teen is overwhelmed and teaches practical strategies to support them through difficult times. Learn how to equip your teen with tools to manage challenges confidently and handle stress effectively, rather than shutting down or acting out. Discover ways to strengthen family connection during stressful periods, creating a safe space where your teen feels supported instead of judged. Transform stress from a family battleground into an opportunity for growth and deeper relationships.

MARCH 9
Session 8: Helping Teens Develop Persistence

Today's teens face unprecedented pressure, and many struggle silently. This session helps you recognize the warning signs when your teen is overwhelmed and teaches practical strategies to support them through difficult times. Learn how to equip your teen with tools to manage challenges confidently and handle stress effectively, rather than shutting down or acting out. Discover ways to strengthen family connection during stressful periods, creating a safe space where your teen feels supported instead of judged. Transform stress from a family battleground into an opportunity for growth and deeper relationships.

MARCH 16
Session 9: Talking About Tough Topics With Teens

What if your own fears are the biggest barrier to honest conversations with your teen? This session helps you identify the anxieties secretly driving your parenting and shows you how to recognize when fear takes over. Discover why worry-based responses shut teens down and learn communication techniques that create openness instead. When you approach difficult topics with calm awareness rather than anxiety, your teen is far more likely to share honestly. Build the kind of trust that keeps critical conversations flowing, even about the scariest subjects.

MARCH 23
Session 10: Eliminating Power Struggles

Exhausted from battling over everything from curfews to chores? This session shows you how to stop fighting your teen's need for independence and start using it to your advantage. Learn strategies that transform their desire for control into cooperation and collaboration. Discover the communication shifts that make teens actually want to work with you instead of against you. When teens feel respected and have appropriate autonomy, resistance melts away. These game-changing tools turn daily conflicts into opportunities for teamwork—and give you your sanity back.

Questions? Please contact, Eva Dwight at endwightccc@gmail.com or (480) 363-7686