



**August 2010**

### ***Active Parenting for Stepfamilies in 3***

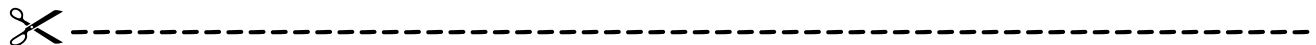
***Active Parenting for Stepfamilies in 3*** is an abridged version of ***Active Parenting for Stepfamilies***. It uses many of the same elements of the original program, but it's only 3 sessions and focuses mainly on topics specific to stepfamilies.

#### **Taught by Stephanie Bryan, LCSW, CAC III**

- Sponsors: Boulder Valley School District Safe and Drug Free Schools and Boulder County Healthy Youth Alliance
- Where: Dreamcatcher Direct Instruction Center  
5440 Conestoga Ct. (near of 55<sup>th</sup> & Arapahoe)  
Boulder
- When: Thursdays, August 5, 12, 26, 2010
- Time: 6:30 – 9:30 p.m.
- Cost: \$125/person plus a \$20 materials fee

**Questions or to register: call Stephanie Bryan at 303-397-0646 or  
Class registration online at:  
[www.REALparenting.net](http://www.REALparenting.net)**

**Or you may register below**



To Register for August 2010 *Active Parenting for Stepfamilies in 3* class:

Name(s) \_\_\_\_\_ Phone # \_\_\_\_\_

Email (please write clearly) \_\_\_\_\_

Ages of children: \_\_\_\_\_

Mail with check to: Stephanie Bryan, LCSW, CAC III, 1530 55<sup>th</sup> Street, Boulder, CO 80303



### **Session I: Stepfamily Living - A Different Parenting Challenge**

- Emotional baggage
- Coping with loss
- Adjusting expectations
- 5 Guidelines for Active Stepparents

### **Session II: Turning Differences into Opportunities**

- Dealing with differences
- Establishing limits (of time, space, authority, money)
- Avoiding loyalty conflicts
- Easing transitions

### **Session III: Encouraging Stepfamily Success**

- Discipline in a stepfamily
- Power of Encouragement