



Winter 2010

Active Parenting for Stepfamilies™

(Designed for parents, stepparents, foster parents, adoptive parents, single parents, and others affected by loss and change.)

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 55th & Arapahoe)
Boulder
When: Mondays, Feb. 1 – Mar. 15, 2010 (No class Feb. 15)
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**

Or you may register below



To Register for Winter 2010 *Active Parenting for Stepfamilies* class:

Name(s) _____ Phone # _____

Email (please write clearly) _____

Ages of children: _____

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



Session I: Stepfamily Living - A Different Parenting

Challenge - Emotional baggage - Coping with loss - Realistic expectations - Styles of parenting - Relationship-building skills

Session II: Communication and Problem-Solving - Roles of stepparents - Effective communication - A model for handling problems

Session III: Loyalties and Values - Merging different values and cultures - Establishing limits (of space, time, authority, money) - Understanding triangles/loyalty conflict

Session IV: The Challenge of Discipline - Effective, nonviolent discipline - Logical consequences - Stepfamily considerations - Kids who live in two households

Session V: From Power Struggles and Anger to Courage and Self-Esteem - The "FLAC" method of defusing power struggles - Building courage and self-esteem - Understanding children's anger - Nurturing by encouragement

Session VI: Celebrating Stepfamily Successes - Making a conscious commitment - Celebrating your achievements - Maintaining stepfamily success - Protecting children from risks