

*Announcing a Workshop Sponsored by  
Boulder County Healthy Youth Alliance,  
Boulder Valley School District Safe & Drug-Free Schools, and  
New Vista High School*

## **Becoming a Love and Logic Parent®**

*A Class for Parents of Pre-Teens and Teens*

**Taught by Stephanie Bryan**

**Including one session on Natural Highs presented by Avani Dilger**

### **What people are saying about these classes:**

*"A common sense approach."*

*"The strategies learned can be used immediately."*

*"There can be life during adolescence!"*

*"A positive way to discuss our parenting techniques."*

*"Lots of laughing and realizing there's hope: I'm not alone."*

*"Real strategies for real situations."*

*"Be nice to yourself and take this workshop."*

*"The camaraderie was great."*

*"Multiple techniques that have already helped."*

*"I enjoyed the discussion with other parents."*

## **Teenager running your life?**

Restore harmony to your household with this class. You will learn to parent with a smile. Your child will learn to accept responsibility for his/her own actions.

**Location:** New Vista High School, 700 20<sup>th</sup> Street (at Baseline), Boulder

**Dates:** Tuesdays, February 1 to March 15, 2011 (Avani Dilger on March 1)

**Times:** 6:30 p.m. - 9:00 p.m.

**Cost:** \$125/individual plus \$20/set of materials.

(For scholarships, see a school counselor or social worker)



To Register for New Vista *Becoming a Love and Logic Parent* class, Winter 2011:

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

Email: \_\_\_\_\_ Kids' Ages \_\_\_\_\_

Mail with check to: Stephanie Bryan, LCSW, CAC III, 1530 55<sup>th</sup> Street, Boulder, CO 80303. 303-397-0646. Or register online at [www.REALparenting.net](http://www.REALparenting.net)

**Natural Highs—Healthy Alternatives to Drugs and Alcohol** is an interactive, strengths-based educational program integrating traditional and alternative approaches to substance abuse prevention and intervention. The curriculum provides cutting edge information on brain chemistry and development, hands-on opportunities to learn healthy coping strategies for stress management, creative ways of accessing altered states of consciousness, and discussions about issues underlying substance abuse. Natural Highs is currently being offered at several high schools in Boulder and at Naropa University.

As a part of this *Becoming a Love and Logic Parent* class we are including New Vista's "**Natural Highs Parent Night**" where you can learn how to support your teen with a healthy, sober lifestyle. We often hear from parents that they are unsure how to begin conversations about drugs & alcohol with their teen. In this interactive presentation you will learn about the brain chemistry of drugs & alcohol and "Natural Highs Strategies" that support a healthy lifestyle for people of all ages. You are welcome to bring your questions and interests to the discussion.