

# Parenting

teens can be challenging

**We can help.**

**Understand**  
your teen's behaviour

**Learn**  
positive discipline that works

**Build**  
self-esteem in your teen

**Reduce**  
power struggles



**Register today!**

**Phone:** 1-800-563-2808 ext 3201

North Bay Parry Sound District  
**Health Unit**



**Bureau de santé**  
du district de North Bay-Parry Sound