



Do you feel like your teen or pre-teen is in charge of your home?  
Do you feel helpless to stop your child's defiance or drug use?  
If so, consider joining:

# Taking Charge

## Educational and Support Group for Parents

Taking Charge is a program designed for parents who are feeling overwhelmed by their teenager's or pre-teen's substance use and/or defiant behavior. We help parents move from exasperation to empowerment in handling these difficult issues. Multiple families are involved in the group, with the focus on developing individual strategies for you to implement with your child.

### Taking Charge will address the following:

Why Adolescents are Defiant	Adolescent Development	Motivation for Change	Button Pushing	Peer Pressure
Behavior Contracting	Natural and Logical Consequences	How to Support Positive Behavior	Parent/Teen Relationship Breakers	Predictability, Structure, Consistency

The cost for the program is \$40.00 a session. No families turned away due to inability to pay. Pre-registration is required, so please call in advance.

**Tuesday evenings from 6:00pm – 7:15pm**  
**Start Date TBD**

5 Sessions, 75 min. each  
At 721 S. Quentin Rd, Suite 103, Palatine, IL 60067

For more information or to register, please contact:  
Danielle Novello, LPC, Child and Family Therapist  
At (847)-485-3076 or [dnovello@bridgeyouth.org](mailto:dnovello@bridgeyouth.org)