

## Your Presenter



**Deborah A. Russo, Psy.D.**, is a Licensed Clinical Psychologist in Marietta, Ga. She has twenty-five years of experience as a psychotherapist, educator and trainer, serving adults, adolescent and families. She has also spoken nationally on the topic of eating disorders for the past ten years.

Dr. Russo is passionate about helping parents and families build communication and coping skills that enhance their lives and relationships. She also has a special interest in the importance of faith in achieving health and wholeness. She and her husband are the proud parents of three children, enriching her professional work with parents and families.

### Mission Statement

*Grace and Growth Counseling Center, Inc. is a private, non-profit organization that recognizes the uniqueness of each individual's journey and life experience.*

*While grace may lead one to seek wellness, healing and counsel, the client's own efforts (growth) determine the success he or she will have in becoming the person he or she wants to be or feels called to be.*

*At Grace and Growth, professional, confidential, in-depth psychotherapy is offered in a relaxed, private setting in an effort to support personal growth, promote healthy living and cultivate wholeness. Fees are based on a sliding scale and one's ability to pay.*

*In addition to counseling and psychotherapy, Grace and Growth offers enrichment workshops in specialized areas to individuals, couples, families and groups and continuing education workshops for mental health professionals.*



## For Parents of Teens and 'Tweens

In today's culture children seem to become adults overnight, and they may make decisions about drugs, sexuality, or aggression and violence before they understand the consequences, a parent's job is more important than ever.

So how can you ensure that your teens and 'tweens develop the skills and character they need to not only survive but to thrive as they gain independence?

**Active Parenting of Teens** is a four-session program packed with activities, video and discussion. You will learn about a proven approach to parenting, plus indispensable techniques and insights for overcoming obstacles that will bring happiness and harmony into your home. You will leave each session energized and motivated to make positive and realistic changes in your own family's daily life.

**Active Parenting of Teens** will give you the guidance and support you need to turn the challenges of raising a teenager into opportunities for growth. You will learn:

- ☑ How teens' changing brains and bodies affect their thoughts, decisions and actions
- ☑ Methods of respectful discipline
- ☑ Skills for clear, honest communication
- ☑ Strategies to prevent risky behavior
- ☑ Ways to instill responsibility, character and courage
- ☑ How to create harmony and stability in your family
- ☑ How to encourage your children to be their very best!

*Note: This is an educational course and not intended to provide therapy.*



## **For Parents of Teens & 'Tweens**

### ***A Four-Session Parenting Skills Course***

### 2013 Course Dates

**Sundays**

**September 8, 15, 22, 29**

**3 p.m. to 5 p.m.**

Presented by:  
**Grace and Growth  
Counseling Center**

Location:  
**Holy Spirit Catholic Church  
4465 Northside Drive, N.W.  
Atlanta, GA 30327**



Sunday, September 8 (Session 1), and September 15 (Session 2), and September 22 (Session 3), and September 29 (Session 4)

**Come join us as we learn new ways to understand the worlds of our teenagers and share and learn with other parents as well!**

**\*\*\* Registration is required by Tuesday, Sept 3<sup>rd</sup>. Please call 678-235-3910 to check for availability after that date.**

**Please Note: Childcare is available by reservation only. Childcare must be requested by August 30 for the Sept. 8<sup>th</sup> course.**

**Cost:** \$120/couple or \$65/individual  
*(includes book, refreshments and all four sessions)*

**Location:** Holy Spirit Catholic Church  
4465 Northside Drive, N.W.  
Atlanta, GA 30327

**Contact:** For more information, please contact Beth McEachern at 678-235-3910 or e-mail [bmceachern@graceandgrowth.org](mailto:bmceachern@graceandgrowth.org).

**To register:** Please complete this form and mail with check or credit/debit card information to: **Grace and Growth Counseling Center, 348 Mt. Vernon Highway, N.E., Sandy Springs, GA 30328**. To pay by check, please make check payable to "Grace and Growth Counseling Center", and enclose with registration. To pay by credit or debit card, please fill out and sign the credit/debit card section below. Please contact **Beth** at [bmceachern@graceandgrowth.org](mailto:bmceachern@graceandgrowth.org) if any payment questions. Thank you.

Parent(s) Name *(Please print)*: \_\_\_\_\_

Address: \_\_\_\_\_  
*Street Address* *City* *Zip Code*

Daytime Telephone: \_\_\_\_\_ E-mail: \_\_\_\_\_ Send confirmation via:  E-mail  U.S. Mail

Parish/Church *(if applicable)*: \_\_\_\_\_ How did you find out about the course? \_\_\_\_\_

If you need childcare to attend, please write the children's names and ages below. *(The nursery cannot care for children who are less than age 6 months.)*

Please describe your family (e.g. number of children, ages, any unique circumstance, etc.).

**Payment via credit/debit card:** Complete the form below. *Please Print.*

Amount of Payment: \_\_\_\_\_ Date of Payment: \_\_\_\_\_ Please charge my *(check one)*:  Visa  MasterCard  Discover  American Express

Credit Card #: \_\_\_\_\_ Expiration Date: \_\_\_\_\_

Name on Card: \_\_\_\_\_

Billing Address *(if different from registration address as written on form above)*: \_\_\_\_\_

I authorize Grace and Growth Counseling Center to charge my credit card in accordance with the information above.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_