

## PARENT EDUCATION

SERVING FAMILIES OF FREMONT, NEWARK, UNION CITY, AND SAN LEANDRO

# Tools for Change: A Virtual Workshop for Parents and Caregivers of Adolescents (ages 12-18)

Delivering results, Tools for Change is a 5-week class series providing support for families. Caregivers learn effective prevention and intervention techniques to help their teens grow into safe and competent adults.

- Support for caregivers during distance learning and quarantine
- Learn effective ways to talk with your child
- Improve family relationships and create peace in the home
- Learn strategies to improve your and your child's well-being
- Find solutions for unwanted, dangerous or delinquent behaviors

Free virtual workshop!

Class meets for 5 weeks on Wednesday evenings,  
beginning April 14, 2021

6:00 pm to 9:00 pm



**DATES:** April 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup>, May 5<sup>th</sup> and May 12<sup>th</sup>

Space is limited, so please take advantage of our pre-registration.

Visit the City of Fremont YFS website to register [www.fremont.gov/3060/Caregiver-Support](http://www.fremont.gov/3060/Caregiver-Support) or for more information call 510- 574-2100 email: [YFS@fremont.gov](mailto:YFS@fremont.gov)

Link for the workshop will be provided upon sign up.

**LEAD INSTRUCTOR:** Anya Marquez Richard is a Licensed Marriage and Family Therapist, providing counseling services to adolescents and adults at City of Fremont Youth and Family Services. Anya is a certified parent educator and has been facilitating parenting classes for over 10 years.

**CO-INSTRUCTOR:** David Sarinana is a certified alcohol and drug counselor with 11 years of experience working with youth and families. His experience with the City of Union City includes the delivery of mentoring and life-skills programs.

