



# 美亚健康协会 Midwest Asian Health Association



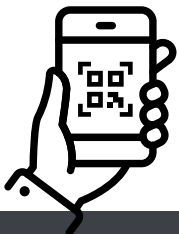
# PARENTING CLASS

Presented by MAHA  
Metal Health Professional Team

**DATES:** Thursday, 5/19, 5/26, 6/2, 6/9  
(1.5 hour/class)

## ABOUT THIS CLASS

In this class you will learn about positive parenting and gain better understanding of the adolescents life cycle.



## OUR MAIN TOPICS:



Maintain healthy boundaries and limit setting with your child



Strategies of communicating with your child



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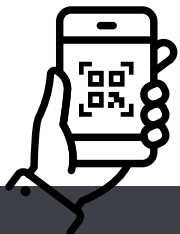
## 家长教育系列

由美亚心理健康中心团队指导

日期：星期四 - 5/19, 5/26, 6/2, 6/9  
(1.5小时/1节)

### 大纲：

学习何为正向教育与深入了解  
青春期给予孩子的变化，  
帮助家长更好的了解孩子，  
提高与孩子的沟通能力。



### 主题：



与孩子一起建立  
健康和明确的  
界限和规则



如何和青春期孩子  
好好沟通？