



Coordinating Organizations:

Lee's Summit CARES
 MCC- Longview
 Lee's Summit R-7 School District

Gold Sponsors

- St. Luke's East Medical Center
- MCC-Longview

Silver Sponsors

- Community of Character Business Sector
- Walmart

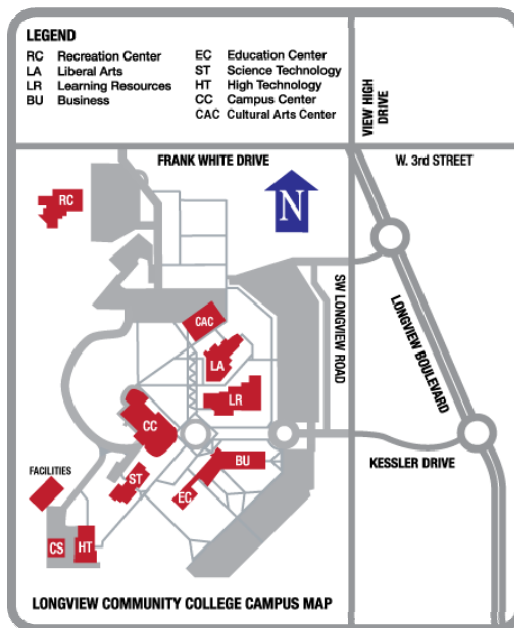
Bronze Sponsors

- American Family Insurance Charities
- Berry Jennings State Farm Insurance
- McDonalds - PBI Industries
- New Theatre Restaurant
- Metcalf Bank

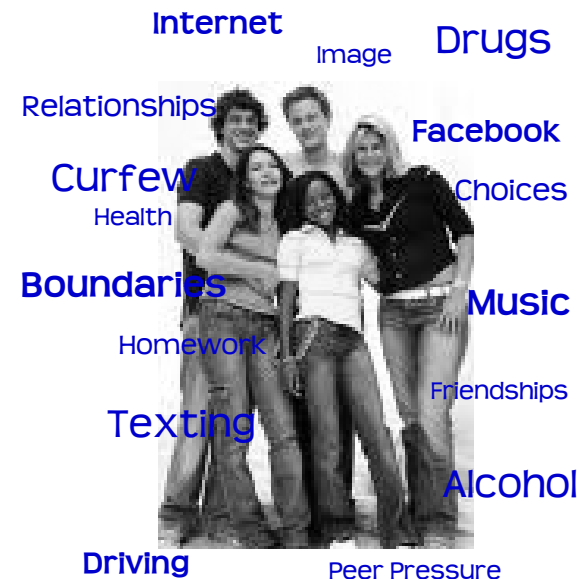
Expanded Workshop and Presenter
 Information available at
www.lscare.org.

Parenting Teens 24/7 Information Line
 816.347.3269
 Registration or Scholarship Questions

Parenting Teens 24/7 will be held in the Education Center on MCC-Longview College Campus.



Parenting Teens 24/7

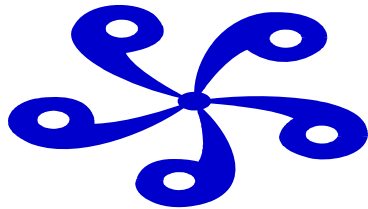


Saturday, November 6, 2010
 8am - 1pm

MCC-Longview
 500 SW Longview Road
 Lee's Summit, MO



Join internationally known speakers and authors as they provide sound information and strategies to help you successfully navigate adolescence with your teen.



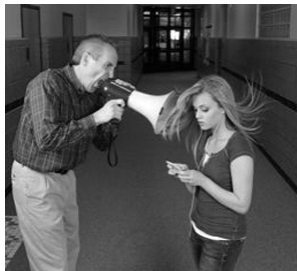
Cost is \$20 per adult, which includes continental breakfast and workshop materials.

Scholarships are available.

Parenting Teens 24/7 Schedule

- 8:00am Breakfast & Registration
- 8:30-9:30am Keynote - Dr. Marv Penner
Parenting Your Teen Intentionally
- 9:40-10:40am Session I
- 10:50-11:50am Session II
- 12pm-1pm Session III

(all four workshops offered in each session)



Parenting Teens 24/7 Workshops

Managing the Teen: Communication, Discipline and Setting Limits - Dr. Marv Penner will unpack 5 tried and tested principles to help parents reduce stress and increase communication with teenage sons and daughters. There is no person in the life of your teen who is more important than you! Learn to make the most of the wonderful teen years with these practical principles to guide you. This is a workshop you will take home with you and implement immediately.

Sex, Tech and Teens -

What is the intimate connection between sex, technology and teens? Do you worry about how your youth is communicating on her/his cell phone or Facebook? Would you like to know how to decode the teen tech lingo, the effect of frequent use of mobile phones on teens, "flirting" and "sexting", textual harassment and digital dating violence? This workshop will provide successful prevention measures and online resources for parents.



The Real Truth About Energy Drinks, Alcohol and Other Drugs -

Monster, Rock Star, Nos, Joose, Sparks, Tilt ... Can you identify which are energy drinks and which are energy drinks containing alcohol? The marketing campaign for these products can be deceptive. It is important to know what your teen is drinking and how much caffeine is safe for a teen to drink each day. Understand the term "wide-awake drunk" and the potentially deadly effects of mixing alcohol with energy drinks.

Consider the dangers of teens mixing prescription drugs and energy drinks. Substance abuse problems for today's youth are no longer tobacco and alcohol. Learn about changing the dynamics of substance abuse in teens.

Parents Guide to the Teenage Brain - If you change chemistry you can change behavior. Discover how giving the proper stimulus to the teen body can affect the responses we get from our teens. Choices in what teens eat and drink, as well as the power of words we use with our teens affect their health and wellness. Parents will also learn how to relax, re-wind ...change the record so they can re-focus and retool to meet personal and family demands.

Expanded Workshop & Presenter Information at
www.lscare.org.

REGISTRATION

After November 5th, registrations will be taken at the door.

ONLINE REGISTRATION AVAILABLE AT
WWW.LSCARES.ORG (service fee of \$1 added)

MAIL REGISTRATION

Name(s) _____

 Address _____
 City/St/Zip _____
 Daytime Phone _____
 Email _____
 No. of adults ____ X \$20.00 = ____

Mail payment & registration to:

Lee's Summit CARES
 901 NE Independence Ave.
 Lee's Summit, MO 64086

Registration Fee is Nonrefundable
 For Scholarship Information call 816.347.3269.

WORKSHOP SELECTION

Please pick THREE workshops for EACH adult attending:

- _____ Managing the Teen: Communication, Discipline and Setting Limits
- _____ Sex, Tech and Teens
- _____ The Real Truth About Energy Drinks, Alcohol and Other Drugs
- _____ Parents Guide to the Teenage Brain

