

# The Parent Project

*Empowering Parents  
Transforming Teens*



Parents with difficult or out-of-control adolescents ages 11-19, **you are not alone!** Over **500,000 parents** across the country have participated in this FREE program designed to help you become a better parent.

## Topics

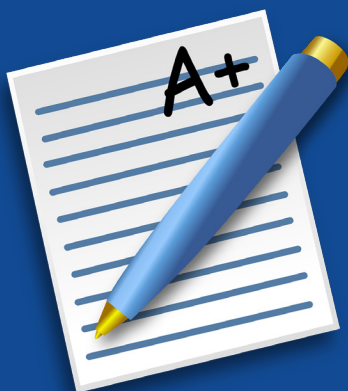
- Arguing and family conflict
- Poor school performance
- Teen alcohol and other drug use
- Runaways
- Early teen sexuality
- Youth gangs
- Teen violence and bullying
- Teen signs and threats of suicide

## What will I learn?

- Promoting family unity
- Managing conflict in the home
- Teen sleep and diet habits
- Building positive self concepts
- Expectations, standards and values

## Goals

- Reduce family conflict
- Improve school attendance
- Reduce juvenile crime and recidivism
- Higher graduation rates



To register for this FREE 10-week program, contact Ken Gallop at Join Together Northern Nevada:

**Phone: 775-324-7557**

**Email: [training@jtnn.org](mailto:training@jtnn.org)**

**[parentproject.com](http://parentproject.com)**  
**[jtnn.org](http://jtnn.org)**



**Join Together Northern Nevada**  
*Building Partnerships for a Healthy Community*

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