

Charlie Appelstein, M.S.W.

Responding Versus Reacting to Your Teens

Key Principles & Techniques for Effective Parenting

Wednesday, February 20, 2008 7-9 p.m.

Housatonic Valley Regional High School, Room 133

Free & Open to the Public

A Parent Presentation focusing on ...

- Tips to prevent problem behavior in the home
- Building self-esteem in children and teens
- Techniques to control tone and affect
- Communication principles and strategies
- How, why, and when to issue consequences
- When and how to use incentives to motivate behavior
- Helping teens to self-manage their behavior

"Charlie is the best youth care trainer in America."

—Robert Lieberman, Former President, American Association of Children's Residential Centers



Charlie has devoted his entire adult career to helping at-risk kids and those who care for them. An engaging, upbeat, and humorous speaker, he is also the author of three critically acclaimed books on youth care and a new, innovative CD that helps kids self-manage their behaviors. Charlie's strength-based approach delivers a message of hope and possibility to our most vulnerable youth and those who care for them. To learn more about his programs, visit www.charliea.com.

Sponsored by:

Housatonic Valley Regional High School
&
Housatonic Youth Service Bureau

For more information call:

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