



**Parenting Healthy Preteens** is designed to help parents support their children successfully bridge the period from childhood to adolescence. This program is based on the KITS and KEEP Programs at the Oregon Social Learning Center.

**Parents meet together online for:**

- 90-minutes, once a week for 8 weeks.
- Groups offered in English and Spanish.

**What families have said about PHP:**

"Feeling greater confidence about how we are handling situations and excited for new ideas that so far seem to be effective."

"I am more hopeful than I was 8 weeks ago."

"I definitely appreciate the workbook. I'll be pulling that out time and time again I'm sure! I appreciated spending this time with so many other thoughtful parents and I've learned a lot from my fellow participants."

**In Parenting Healthy Preteens, group facilitators will guide parents through:**

ways to support their preteen's:

- mental health
- positive self-esteem
- success at home and school

and ways to support themselves as parents!

**For more info, contact:**

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