



## ▶▶ Long Beach Child and Adolescence Program Parenting Support Group for Parents of Teens

**Tuesdays, September 12 – October 10, 2023  
10 – 11 AM**

The Long Beach Child and Adolescence Program is hosting a free 5-week parenting support group for those facing the challenges of raising teenagers. Meet other parents, share experiences, tips, and explore topics such as:

- How to parent teenagers as the relationship dynamics change
- Helping them with motivation in schoolwork and other activities
- Learning what is “normal” in parent-teen relationships
- Sharing ways to support your teen and yourself!

Registration required. Click [here](#) to register. For more information, please contact Stephanie Alvarez at [stalvarez@dmh.lacounty.gov](mailto:stalvarez@dmh.lacounty.gov).



LOS ANGELES COUNTY  
**DEPARTMENT OF  
MENTAL HEALTH**  
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