Positive Discipline parenting support offered

Positive Discipline Community Resources is offering courses aimed at helping parents better parent. Here’s the line-up:

Parent Support Group: For Parents of Teens, 6:30-8 p.m., July 30, in the Branciforte Small Schools Library, 840 N Branciforte Ave, Santa Cruz.

This monthly meeting that occurs the last Wednesday of each month is a place where parents of teenagers can share their challenges, concerns, problem solve together, and find support. The drop-in group is based on the principles of Positive Discipline but is led in a support group format, not as an instructional class series.

For information, contact Stephanie Tam Rosas at 831-920-3835 or tamrosas@gmail.com.

Prepare Your Teen For Their Future, 10 a.m.-1 p.m. Saturday, Aug. 9 at Cabrillo College Campus, 6500 Soquel Drive, Aptos with Stephanie Tam Rosas, certified Positive Discipline facilitator.

The classes are: “The New Territory of the Teenage Years,” “Preparing Your Teen for Their Future,” and “Parents & Teens Together, Setting the Course.”

Cost is $28 for each session. Register at www.cabrillo.edu/services/extension/parenting.html. These courses also are offered in Spanish 5:30-9 p.m. Saturday, July 26, at the Cabrillo College’s Watsonville Campus, 318 Union Street.

For information, call 831-479-6331 or visit pdcrsantacruz.org.