



## Does your teen push your buttons? Are you worried your adolescent is headed for trouble?

### Find help managing teen issues by:

- Setting limits, setting house rules, following through
- Learning ways to get the behavior you want
- Stopping the circular arguments with your teen
- Getting more cooperation
- Recognizing when your teen is manipulating you
- Regaining control in your home
- Increasing your peace of mind
- Working more easily in a “co-parent” situation
- Understanding why your teen fights with you, and how to stop it

**Come share issues and solutions with other parents dealing with difficult teen behavior. Get the support you need to bring about change in your family. Get back the control to make your household a more peaceful place.**

**If you don't start the change, who will?**

Tuesdays • 5–6 p.m.  
Hartnell Professional Center  
Education room (second floor)  
576 Hartnell Street, Monterey

Led by Gregor Putzka, licensed marriage and family therapist

For registration or information, please call Gregor Putzka at 373-0924, ext. 3267.



Community Hospital  
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**BEHAVIORAL HEALTH SERVICES**  
Clint Eastwood Youth Program