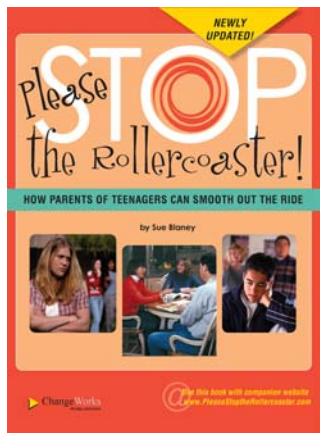


Christian Leader's Guide and Program Manual for *Please Stop the Rollercoaster!* parenting discussion groups. Intro package price: \$69.00



Please Stop the Rollercoaster! How Parents of Teenagers Can Smooth Out the Ride: Course reading and exercises are provided in this book/workbook for participants. Each group participant is required to have their own copy of *Please Stop the Rollercoaster!*

Single copy: \$29.95
 4-10 copies: \$24.00 each
 11-25 copies: \$22.00 each
 26+ copies: \$20.00 each

Please Stop the Rollercoaster! Parenting Discussion Groups

A Learning and Discussion Program for Christian Parents of Teenagers

Raising teenagers today is a challenge for many parents. Time pressures alone prevent many from having the support networks enjoyed in generations past. And while there are many books to read, reading alone doesn't meet parents' needs for gathering perspective and support. Here's a new program you can use to offer to parents in your congregation and to reach out to parents in your community. It's built to help parents gain:

CONFIDENCE, KNOWLEDGE AND CONNECTIONS.

Here's why you'll want to make this program available to parents:

- It helps you build fellowship in your church community,
- It offers a way to serve parents in your community,
- The program respects parents' values, beliefs, and intentions and invites discussion together within a Christian framework,
- It's customizable to meet the needs of your congregation,
- This can be led by anyone using our thorough, step-by-step Christian Leader's Guide and Program Manual,
- Program is co-authored by a pastor/family therapist,
- This is inexpensive to offer, promote and run.

Here's how the program works:

Participants read one chapter in *Please Stop the Rollercoaster!* in preparation for each meeting. Using the directions in the Leader's Guide, the facilitator leads a two-hour discussion so parents learn together and consider different points of view. There are eight sessions, corresponding to the eight chapters in the book, which cover the range of topics faced by typical families. (List of topics covered is on the back of this page.)

Here's what makes this program unique:

- We share research and info from a wide range of experts,
- We don't profess a "best way" but guide parents to examine issues and reach their own conclusions and plans,
- It helps parents put the knowledge they gain into practice so they can be more thoughtful in their words and actions,
- Parents learn from the discussions with others in their group,
- Parents expand their network of support and friendship.

Christian Leader's Guide and Program Manual

Our Christian Leader's Guide and Program Manual provides complete materials for a facilitator-led parenting discussion group program. Features:

- Clearly written, step-by-step instructions so that anyone can lead a group,
- Flexible, so that a leader can add custom materials, if desired,
- Instructions and materials are available for organizing and promoting the groups.
- Discounts available for copies of participant text *Please Stop the Rollercoaster!*

Optional Training Available for Facilitators

On-site training and tele-class training is recommended and available for discussion group leaders. Please check our website for scheduling and pricing details.

www.PleaseStoptheRollercoaster.com

“Any church or Christian parenting group will find this program worthwhile and a good investment in their families' future.”

Pastor/Family Therapist

TOPICS COVERED

Adolescent Development
Parenting: Changing Roles and Relationships
Improving Communication
Friends, Culture and Risk Behavior
Personality Type and Brain Development
School, Parental Support and Self- Esteem
Parental Development; the Myth of Perfection
Your “Parenting Plan”

“This book, more than any other parenting book I've read, gets people talking. It's the beginning of a dialogue that will help you through the rough spots of parenting your adolescent.”

Carole Heaton, Roswell, GA

About the Authors:

Sue Blaney, CPBA, author of Please Stop the Rollercoaster! is a Christian parent and communications expert, who connects parents with one another in living rooms, churches and schools across America. She has a degree in communications from Northwestern University, and has spent 25 years in training, development, and marketing.

Linda Beattie Inlow, co-author of the Christian Leader's Guide and Program Manual is a former Lutheran pastor, family therapist and author.

“This is an outstanding book on the subject of raising teenagers. Your book is an inspiration to other families, to build connections through all circumstances. This is a wonderful guide of hope through all times.

Positive Parenting Magazine

**ONLY available from publisher at:
www.PleaseStoptheRollercoaster.com or
1-800-234-2150. MC and VISA accepted.**