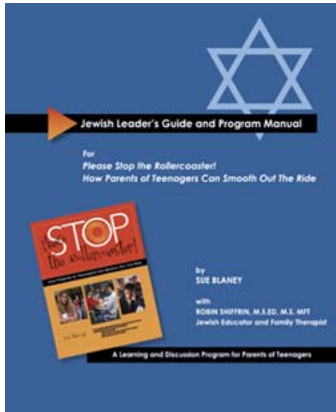


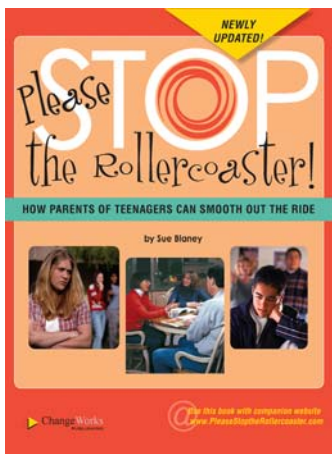
Please Stop the Rollercoaster! Parenting Discussion Groups

Connect Parents of Jewish Teenagers in this Learning and Discussion Program



Jewish Leader's Guide and Program Manual for *Please Stop the Rollercoaster!* parenting discussion groups.

Jewish Leader's Guide intro package: \$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

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 build fellowship and serve those in your community;
- Jewish text and readings provide a framework for discussion;
- The program respects parents' values, beliefs, and intentions and invites discussion and connection;
- It's customizable to meet the needs of your congregation;
- This can be led by anyone using our thorough, step-by-step Jewish Leader's Guide and Program Manual;
- Program is co-authored by a Jewish educator/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 Jewish 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.

Jewish Leader's Guide and Program Manual

Our Jewish 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!*

Training Available for Facilitators

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

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"

"I strongly endorse [Please Stop the Rollercoaster!](#) as an essential part of the 'tool kit' for every Jewish parent."

***David Goldstein ,
Bureau of Jewish Education, Greater Boston***

About the Authors:

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

Robin Shiffrin, M.S. ED, M.S. MFT has spent over twenty five years a Jewish Educator and the Education Director of a synagogue. She is a practicing Marriage and Family Therapist.

"...this program is exactly what parents of Jewish teens need... Within the comfort of Jewish text, holiday and cultural experiences, parents will relate to the Jewish components while experiencing the secular. It is an excellent mix.

***Lisa Soble Siegmann
Assoc. Director of J.E.F.F.
Jewish Federation of Metropolitan Detroit***

**Jewish Leader's Guide is available only from ChangeWorks Publishing at:
www.PleaseStoptheRollercoaster.com or
1-800-234-2150. MC and VISA accepted.**