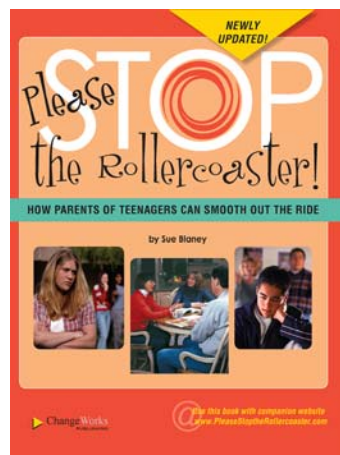


Leader's Guide and Program Manual for *Please Stop the Rollercoaster!* parenting discussion groups.

Leader's Guide intro package:
\$69.00



Course material, research highlights 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 Parents of Teenagers

As a professional who works with teens and their families, you know how important it is for parents to be engaged, informed and connected in the community. This program is built specifically to help parents gain:

CONFIDENCE, KNOWLEDGE AND CONNECTIONS.

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

- It helps you reach more people in your community because of the flexible program design
- This is inexpensive to offer, promote and run
- The program respect parents' values, beliefs, and intentions
- You can customize it to meet the needs of specific groups
- This can be led by anyone using our thorough, step-by-step Leader's Guide and Program Manual,
- It's perfect for guidance counselors in secondary schools; family therapists, religious educators, parenting educators.

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've pulled the research from a wide range of experts
- It doesn't profess a "best way" but it guides 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 intentional in their words and actions
- Parents learn from the discussions with others in their group
- Parents expand their network of support and friendship.

Leader's Guide and Program Manual

Our 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 reproducible materials are provided for organizing and promoting the groups, and can be useful for all delivery models.
- Discounts available for multiple copies of participant text *Please Stop the Rollercoaster!*

Training Options

On-site training and tele-class training is recommended and available for groups in a school system, a network of parenting educators, or others who are involved in bringing quality programming to parents of teenagers. 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"

About Sue Blaney

Sue Blaney, CPBA, is a communications expert committed to connecting parents of teenagers so they learn together and support one another, benefiting teens and their communities. The *Rollercoaster!* program connects parents in living rooms, schools, churches and synagogues and has guided parent discussion groups from coast to coast. Ms. Blaney speaks nationally to parents, educators and other professionals about parenting issues, improving communication, increasing parent involvement and creating parent discussion groups.

Rollercoaster! is just what our community was looking for. It provides the framework for parents to create a community that will support them throughout the teen years."

**Paula Nelson, Co-Chair,
Parent Engagement Network, Boulder, CO**

"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

"I looked for about five years before I found the perfect parent education book—YOURS!"

**Susan Johnson, Ph.D.
Middle School Assistant Principal**