

Grow alongside your teen with



# Behavioral Parent Training for Teens (BPT-Teens)

**Who:** families with teens 13 – 15 years old with ADHD

**Looking for:** help with family communication, dealing with teen emotions, improving family relationships, and promoting a balanced parenting experience

**What:** an 8 week virtual group training for parents/caregivers

**You'll learn:** practical strategies to help communicate more effectively with your adolescent about emotions, conflict, and behavior

Session topics include:

- Increasing positive attention
- Improving communication
- Reducing conflict
- Shaping teen behavior
- Improving problem-solving
- Screen time and sleep
- Homework organization

## The Details

- Your group meets for 8 weeks at the same day and time each week
- The same dedicated facilitator is with you for all sessions
- Maximum of 6 families per group

*"It was so helpful to meet other parents who are experiencing some of the same struggles. It normalizes the experience of parenting a child with ADHD ... we now have a parental 'treasure chest' we can pull a specific skill out [of] if we see a behavior that needs improvement." - Parent participant*

**New groups start each month!**  
**Head to [bit.ly/bpt\\_teens](https://bit.ly/bpt_teens)**  
**or scan the QR code to sign up!**

