

# Parenting can be challenging. We can help.



**Understand** your teen's behavior

**Reduce** power struggles

**Learn** positive discipline that works

**Build** self-esteem in your teen

Parents of teens are invited  
to attend a one day workshop  
on February 4th in South River.

Reserve your seat now.

Call 705-746-5801 ext. 3201

[www.healthunit.biz](http://www.healthunit.biz)

North Bay Parry Sound District

**Health Unit**



**Bureau de santé**  
du district de North Bay-Parry Sound