

# Welcome to You Parent

Real. Parenting. Support.

Through the Burlington Partnership for a Healthy Community, **YouParent** is a program designed to help parents of middle-school students be best prepared for their student's high school years:

- To help their kids make healthy decisions and choices
- To help their kids avoid high-risk behaviors, including those involving drugs and alcohol
- To help their kids manage all the complexities of high school life – for teens and parents alike

The **YouParent** program offers many things specifically designed for parents of middle-schoolers...  
...community-wide presentations... resources available on-line, through email, text, facebook, and on our web page... activities and tips to try at home...

...and, for parents who would like more (more time, more ideas, more support), we offer the



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## Connected Parents Groups

The **YouParent Connected Parents Groups** meet together *3 times each year* throughout their child's middle-school years. In these groups, connected parents learn new skills and strategies. Parents also receive support from a skilled facilitator – and from each other – to be the best parents they can be for their growing adolescents. And between groups, all year long, connected parents receive tips, suggestions, information, reinforcement, and coaching to help their students be best prepared for the social and emotional opportunities – and challenges – of the high school years.

**What do you have to do?** Join a group with 10 other Burlington middle-school parents and Centerpoint Facilitator Danielle Jatlow to consider, and explore, and learn, and rehearse, and plan to be the best parents that you can be for your soon-to-be high school student. Meet with this group 3 times each year, and receive support all year long.

**What do you get?** In addition to the things listed above, you'll walk away with the *skills* and *confidence* that you are best prepared to help your student survive and thrive, be free from drugs and alcohol, and make the best decisions for themselves and for their successful young adulthood.

**How do I learn more... and how do I sign up?** The **YouParent Connected Parents Groups** are a partnership between BPHC and Centerpoint. For more information, and to ask how this can be helpful for you, you can reach YouParent Facilitator Danielle Jatlow at Centerpoint by calling 488-7727 or by email at [DanielleJ@CenterpointServices.org](mailto:DanielleJ@CenterpointServices.org).

You can also learn more, and sign up, by visiting [www.youparent.info](http://www.youparent.info).



The Burlington Partnership for a Healthy Community is a coalition of Burlington residents, businesses, schools, colleges, parents, youth, medical professionals, students, social services, law enforcement officials, court representatives and more. We recognize that the damages of drugs, alcohol abuse and tobacco effect us all and we work together to create a healthier environment in Burlington, Vermont