

# PARENTMAGIC™

EFFECTIVE PARENTING CLASSES BY THOMAS W. PHELAN, PHD.  
PRESENTED BY KAISER PERMANENTE

KAISER PERMANENTE ● DIABLO SERVICE AREA ● HEALTH EDUCATION DEPARTMENT



**To Enroll**  
(866) 248-0721

## **Location**

### **Parenting: 1-2-3 Magic™**

Antioch Medical Center  
Livermore  
Martinez

Fee:  
\$50 KP members\*  
\$65 non-KP-members\*

### **Surviving Your Adolescents™**

Antioch Delta Fair  
Livermore

Fee:  
\$50 KP members\*  
\$65 non-KP-members\*

Each paid enrollment covers two adults from same family & text book

\*Program fees listed are subject to change and may depend on your health plan coverage. Please refer to your current *Evidence of Coverage* (EOC) to confirm services covered under your plan. For additional information call 1-800-390-3507.

Kaiser Permanente Medi-Cal fees are the same as member fees.

### **1-2-3 Magic™**

**A humorous look at parenting, a serious look at discipline. For children ages 2-12.**

"It's not easy being a parent. You want kids who listen, and children you can enjoy!"- Thomas Phelan, PhD

In this multi-session workshop, you will learn specific techniques to STOP the behaviors that are driving you crazy: i.e., whining, tantrums, not listening, sibling rivalry; START the behaviors that you want your child to do: i.e., get up & out in the morning, bedtime, homework and chores; and how to build more affection and respect into your daily relationship. Adults only - please no children.

### **Surviving Your Adolescents™**

**How to manage & let go of your 13-18 year-olds.**

Living with a teenager is no picnic. There are times when you must bite your tongue as they push towards independence. Or - if you sense there is trouble - there are times when you must take charge. This multi-session workshop will give parents a step-by-step approach that will help end the hassles and offer concrete solutions.

