



NEWS RELEASE

**For Immediate Release
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ORANGE COUNTY OFFICE ON YOUTH ANNOUNCES UPCOMING PROGRAMS FOR PARENTS AND YOUTH

Orange County, VA – The Orange County Office on Youth is pleased to announce several upcoming opportunities for parents and youth.

Beginning Tuesday, May 6, 2014, the Office on Youth will offer two classes for families of youth ages 13 -18. Thinking for A Change is an innovative, evidence-based cognitive behavioral curriculum for youth ages 13-18. The three (3) main components of the program are cognitive self-change, social skills, and problem solving skills. This fourteen (14) week program will be held every Tuesday at 5:30 p.m. at the Taylor Education Administration Complex in the Town of Orange. Also a fourteen week program, the Positive Action Parenting class is designed for parents of youth ages 13-18 and is intended to improve parent-child bonding, family cohesion, and family conflict. This program will also be held on Tuesdays at 5:30 p.m. at the Taylor Education Administration Complex in the Town of Orange and will run for fourteen weeks. Both classes are offered free of charge and childcare is provided for younger family members. Parents and their children are encouraged to attend both the Thinking for a Change program and the Positive Action Parenting program which are held simultaneously and designed to improve overall family functioning.

The Office on Youth will also offer a 1-2-3 Magic class for parents of children ages 2-12. A two part class, 1-2-3 Magic offers easy-to-follow steps for disciplining children without arguing, yelling, or spanking. The class allows parents the ability to immediately start to manage troublesome behavior more effectively, and understand how silence can speak louder than words. The program is lively and offers a humorous look at parenting and a serious look at discipline. 1-2-3 Magic will be held on Thursday, May 1, 2014, and Thursday, May 8, 2014 at Locust Grove Elementary School. Childcare will be provided.

Registration for these classes is now open and free to those interested in our programs.

For additional information or to register for upcoming Office on Youth activities, please contact Ashley Jacobs, Strengthening Families Program Coordinator at (540) 672-5484.

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