

## How it works:

**STEP 1:** Families who are referred or assigned to the "Parenting With Love and Limits" program will be contacted within 24 hours by Greg Lindsey, the Clinic Director of Savannah Family Institute.

**STEP 2:** Mr. Lindsey will arrange a date to meet with you and your child. At the meeting he will determine which group would be best for you and your family, and he will answer any questions you and your child may have about the program.

**STEP 3:** You and your child will begin attending the assigned group. The "Parenting With Love and Limits" classes will each be two hours long, one evening each week for six weeks. At the fourth class you will begin meeting with a family therapist for one hour either prior to, or after the "Parenting With Love and Limits" classes. These family therapy sessions will last for four weeks.

**STEP 4:** Upon the successful completion of the "Parenting With Love and Limits" classes and family therapy, all agencies responsible for supervising your child will be notified of the outcome of the classes and family therapy.

**For Further Information  
Contact Greg Lindsey,  
912-604-0826**



# PARENTING WITH LOVE AND LIMITS



**SAVANNAH  
FAMILY  
INSTITUTE**

# PARENTING WITH LOVE AND LIMITS



## THE PROGRAM DOES NOT TAKE MUCH TIME.

*This program is time limited. In only six 2 hour classes you will have a clear picture of why your teen misbehaves, the tools you need to stop the problems and the next steps you need to take.*



## IS THIS SIMILAR TO COUNSELING OR THERAPY?

*This program is a set of step-by-step tools to help you. The tools are practical ones providing you with concrete ideas you can use to parent your teen. After each class, you can immediately begin to use the tools with your teenager.*

## WHAT'S IN IT FOR ME?

*We help solve issues that exist between parents and teens. In this program, we will hear and address your particular problems and provide you with hands-on ideas and help. As part of the classes, you and your teen will develop a creative, personalized contract that contains rules and consequences for your specific situation.*



## IS MY TEEN INVOLVED WITH THIS PROGRAM?

*We will actively involve your teenager. We have separate breakout groups throughout the six classes for teens and parents. This gets your teen really involved with you and with other teens and everyone gets to learn about responsibility and accountability for actions. If your teen refuses to come, it is no big deal. Just let him/her know things will be changing. The class is designed so that you can come alone or bring your teen.*