

New program offered for parents of Latino adolescents

We invite Latino parents to participate in the new parenting program, "Padres Informados, Jóvenes Preparados" sponsored by the program in Health Disparities Research at the University of Minnesota and Aquí Para Ti/Here For You at Hennepin Family Care East Lake Clinic.

The objective of the research program is to support immigrant Latino parents through the challenges of parenting adolescents and to help prevent the use of tobacco and other drugs among their youth. Participating parents will strengthen their skills in communication, conflict solving, positive discipline, and other parenting topics.

The classes will meet weekly for eight weeks and will last for two hours. We will provide snacks and childcare, and participants will receive a \$50.00 Target gift card for participating. Classes will start at four sites in Minneapolis the first week of December.

To participate, parents must be immigrants, Spanish-speaking, and have an adolescent child between the ages of 10-14 years. If you are interested in participating or would like more information, please contact me, Ali Hurtado, at 612-626-3173 or hurt0033@umn.edu.