

TEMPE-AHWATUKEE

WEEKEND, 05.12.18 | Z10 SECTION T | TEMPE.AZCENTRAL.COM AHWATUKEE.AZCENTRAL.COM

PART OF THE USA TODAY NETWORK

Tempe steps up for the homeless

The first two employees in the Tempe Works pilot program are on the job, and the city hopes they'll pioneer a way out of homelessness.

COMMUNITY NEWS, PAGE 3



INSIDE TODAY ALSO FIND MORE ONLINE AT TEMPE.AZCENTRAL.COM OR AHWATUKEE.AZCENTRAL.COM

Police seeking man in attack near ASU

COMMUNITY NEWS, PAGE 6

Pizza Hut expands its beer deliveries

DINING, PAGE 14

Program helps build bridges for youths

YOUR TURN, PAGE 20

Vanessa Eley and Austin Webber panhandle on a sidewalk in downtown Tempe. The city has launched Tempe Works, a program focused on jobs and housing. MICHAEL CHOW/THE REPUBLIC

WE BUY HOUSES. SELL US YOUR HOUSE!!

Any Reason Any Condition Any Situation

Job Transfer • Loss of Job • Divorce • Behind on Payments • Going into Foreclosure • Unwanted Inheritance • Problem Tenants • Landlords • Expired Listing

FAST/CASH www.AZCashHomes.com **480-382-7641**

AZ CASH HOMES

Program helps build bridges to high school



Your Turn
Shelby Pedersen
Guest columnist

Many parents know that middle school can be a nerve-racking few years. So much growth and change occur with youths as they transition to high school — they transform into young adults right before your eyes.

At ICAN, we see this transition among youths in our after-school program all the time. We also see the struggles that their parents face with this transition. Our program team works with our parents in a variety of ways each month, focusing on positive parenting skills and communication with youths.

They decided to tackle this transition to high school with youths and parents through the "Bridges" program. This curriculum was introduced to ICAN through Arizona State University and the work of Dr. Nancy Gonzales and Dr. Larry Dumka.

Bridges is a program for middle-school students and their parents to attend together. It is designed to increase school engagement and achievement, strengthen family-school linkages and prevent adolescents' social, emotional, and behavioral challenges.

The skills presented through the Bridges program are important for any parent facing the middle-school years. ICAN is the first to offer the Bridges program through a non-profit agency.

Students work together to explore their aspirations and the role of education in reaching them. They learn strategies to achieve long-term personal goals and practice life skills to manage problems and challenges.

Parents work together to increase awareness and understanding of adolescents' changing emotional and educational needs. They learn skills to strengthen communication and positive bonds with their students, structure and monitor their students' activities and opportunities and manage adolescents' emotional problems and risky behavior.

What skills can you utilize on your own from the Bridges program? Here are some of the skills that parents who attended the Bridges program report using the most:

Checkup

Do a "checkup" on some of these skills — most parents use these skills already, but middle school is a new challenging stage for the teens:

■ **CONNECT** skills, to help you keep a strong and positive relationship with your teen so they trust that you care about them

■ **WATCH** skills, to keep an eye out on your teen so you know what is going on

■ **LIMIT** skills, to have rules and consequences so your teen can learn to be focused, responsible, and organized

■ **FOCUS** skills, help you stay calm and keep your attention on doing what is best for your teen

Listen

It sounds simple, but parents are

swift to offer quick solutions to their kids' problems. Middle school is the time when youth need to start figuring things out on their own.

■ Avoid "Praise with a Kick" — this is when you praise your child for something they did good, but then follow that up with something critical. An example might be: "Great job getting an A on that test! But remember that you still have a B in the class, so you have some work to do still."

■ Practice "Catch 'em doing Good" — another CONNECT skill that parents can use to give their teens encouragement. Paying special attention to things they do well will increase their motivation to more good things, helping with their confidence and showing them how to be more positive towards others.

ICAN is offering the Bridges program to all of our sixth- and seventh-graders this spring.

You can learn more about the Bridges program at <http://icanaz.org/>.

Shelby Pedersen is CEO of ICAN: Positive Programs for Youth, based in Chandler.

Your Local Service Directory

TO PLACE AN AD, PLEASE CALL 602-444-4444

A/C & Heating
ANYTHING A/C
 Free Service Call With Repair
 Same Day Service
 35 years of experience
 Minuteman Home Services
 Lic. Bonded, Insured
 ROC 250005 888 A+
 24/7 TIME #95041
 602-279-0942

Electrical
ANYTHING ELECTRICAL
 Free Service Call With Repairs
 2 Hours or Less Service Calls
 Lic. Bonded, Insured
 ROC 250005 888 A+
 602-279-0942

Painting
ike's Home Improvement
 Interior/Exterior Painting
 Stucco/Brickwork Repairs
 Free Estimate/24 Hours Operation
 Dunn Edwards Quality Paint
 BBB Accredited Business
SENIOR DISCOUNTS
 Licensed & Bonded
 Contractor ROC 309706
 480-338-4611

PLUMBING
 Free Service Call With Repair
 Same Day Emergency Service
 Water Heaters, Disposals, Leaks
 Toilet Repairs, Soft Water & RO
 BBB A+ 35 years of experience
 Valleywide Service
 Lic. Bonded, Insured ROC 250005
 602-279-0942
 Minuteman Home Services

Connect with more locals

classified

 **the job network**
jobs.usatoday.com