PARENTING ADOLESCENTS: SMALL GROUP MINISTRY

Unitarian Universalist Community Church, of Augusta, Maine, 2010

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The Unitarian Universalist Community Church, Augusta, Maine, developed Small Group Ministry sessions for parents of youth in the Coming of Age Program. These sessions were monthly 2 hours, concurrent with the Coming of Age sessions. The session plans from that program are presented here as an example of topics for parents of a specific age of children.



Small Group Ministry provides opportunity for people to enter deep conversation and minister to each other with shared ideas, personal philosophies, listening ears and the support of community.

Parenting Adolescents SGM is an affinity group intended to help parents of preteens and teens support each other through a beautiful and often difficult journey.

May you minister to each other in loving kindness, respecting your differences and your samenesses as you reach for a better understanding of yourselves, each other and the mystery.

**Session Titles in order initially used**

What Has Changed? And Covenant New Rules Independence

Remembering your Adolescence Attitude Celebrate

Remembering your Child Anger

**Bibliography of Sources**

*Coming of Age: a treasury of poems, quotations, and readings on growing up.* Collected by Edward Searl. (Skinner House, 2007)

*Simply Pray: a modern spiritual practice to deepen your life*. Erik Walker Wikstrom (Skinner House, 2005)

*Singing the Living Tradition.* (Beacon Press, 1993)

*UU Principles and Parenting: Small Group Ministry,* Helen Zidowecki <http://www.hzmre.com/sgm/sgmuuppcontents.php>

**Useful website:** <http://kidshealth.org/parent/growth/growing/adolescence.html>

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