



Skills for Teenagers

Do you want your teen to:

- *Build and maintain healthy relationships with family and peers*
- *Make good choices about drugs, alcohol, sex and internet & social media*
- *Develop strong character and learn good values*
- *Feel good and have positive self esteem*
- *Build emotional energy to withstand peer pressure and stress*
- *Become responsible and independent*
- *Communicate respectfully*
- *Resolve conflict*

Learn how at the Parenting Teenagers Course

What: Stimulating, thought provoking small groups, affirming you and encouraging you as a parent, in a supportive and relaxed atmosphere

When: Meet once a week over five weeks to watch ten DVD presentations by child psychologists and other parenting experts (day or evening courses offered)

Monday 23, 30 Oct; 6, 13, 20 Nov 2017 7:30-9:00pm

Where: Holy Family parish meeting room; Anzac Ave, Menai

Who: Parents or carers of children aged 11-18 years

Cost: \$50 for the five presentations, accompanying booklet containing a summary of the presentations; plus refreshments

(EARLY BIRD discount: \$40) (some funded places available)

Comments from previous parenting course guests:

'This course made me feel better, and more confident as a parent'

'Hearing other parents is reassuring, and finding the tools to use is brilliant'

'This course helped my husband and me in the way we relate to our kids when things are stressful'

'I would highly recommend this course to any parent; it has helped my family a lot'

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