



Parents Plus Adolescents Programme



An evidence-based parenting course promoting effective communication and positive relationships in families with adolescents aged 11 to 17 years.

Topics include:

- Communicating positively and effectively.
- Building your teenager's self-esteem and confidence.
- Negotiating rules and boundaries.
- Teaching teenagers' responsibility.
- Positive discipline for teenagers.
- Managing conflict.
- Solving problems together.

The course is free to attend and open to all parents and carers who have pre-teens or teenagers.

The course consists of six group sessions

VENUE : *Le Cheile Family Resource Centre P51 F344*

Starting : *Tuesday 10th September, 2024 (every Tuesday for six weeks)*

Time: *9.30am - 12 noon*

Refreshments available from 9 to 9.30 for all attending

If you are interested in attending the course or require more information please contact
Noreen Brennan on 0879865650 or Sharon Darsan 087 9008726

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