

PARENTS PLUS

ADOLESCENTS PROGRAMME

The **Parents Plus Adolescents Programme** is a practical positive course in parenting adolescents (**aged 11 to 16**) focusing on effective communication, problem solving and building positive relations.

Topics include:

Getting to know and connecting with your teenager
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

When: Wednesday 11th January 2017

Times: 10am to 12.15pm Workshop

Where: Spraoi Agus Sport, Carndonagh

For details & bookings, call Helen on 086 0434055 or

Michael on 074 93 85548

Workshops are FREE but there is a charge of €10 for Parents Pack



Parents Plus is an Irish charity that develops practical, evidence based parenting and mental health programmes. We train professionals working with children families to deliver the programmes in communities and clinical settings. Our programmes support families to communicate effectively, build satisfying relationships and overcome emotional and behavioural problems.

www.parentplus.ie