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“HELP”, I’ve got a Teenager

HELP course for people with children twelve years and older

The course runs for six weeks with two and a half hour session held weekly. Build a better relationship with your teen. Great information and strategies, discuss ideas, share experiences and increase your parenting skills. Discuss solutions, supportive and thought provoking.

Topics include:

- What behaviours are helpful
- What behaviours are unhelpful
- Understanding yourself and your teen
- Encouraging cooperation and problem solving
- Using consequences to build responsibility
- Identifying triggers
- Responding differently
- Communicating positively

Where: UnitingCare Community
188 Aumuller St Bungalow

When: Tuesday 23rd February, 1st March, 8th March
and 15th March (4 week duration)

Time: 5:30pm - 8:00pm

Cost: \$40.00 per participant or parent couple
Course includes weekly handouts and tea/coffee

All enrolments and enquiries please phone

UnitingCare Community Family Support

4032 6800

The Family Support Program is a joint initiative of UnitingCare Community and the Department of Communities

