



www.uccommunity.org.au

“HELP”, I’ve got a Teenager

HELP course for people with children twelve years and older

The course runs for four 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: Wednesdays 4th, 11th, 18th and 25th May
(4 week duration)

Time: 5:30pm - 8:00pm

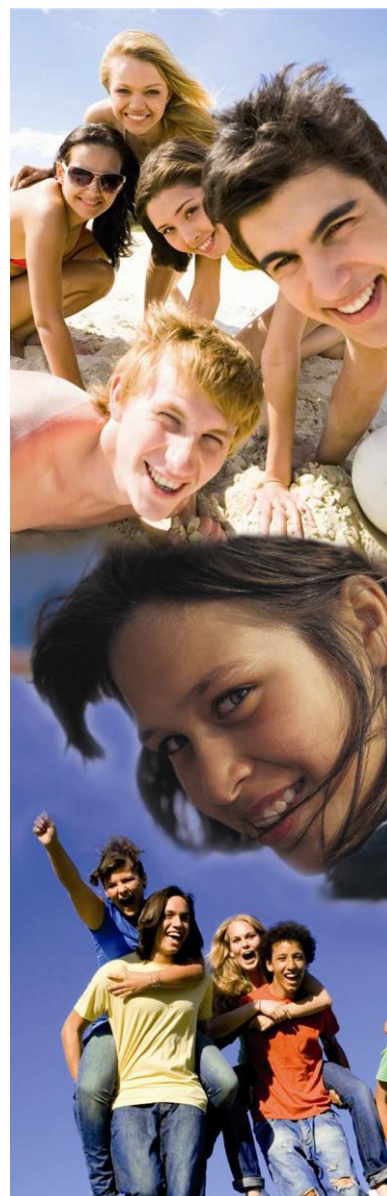
Cost: \$40.00 per participant or parent couple
Course includes weekly handouts and tea/coffee

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



Lifeline Services | Child and Family Care | Counselling | Crisis Support | Disability Support | Social Inclusion

Our Values Compassion | Respect | Justice | Working Together | Leading through Learning