

# Engaging Adolescents

## Parenting Program



A 3 week program for parents of 12 – 15 year olds.

Engaging Adolescents will:

- Help parents understand and cope better with the challenges of early adolescents
- Provide parents with information and skills for developing and maintaining trusting, positive relationships with their adolescents.

During sessions parents have the opportunity to discuss

- Family life with teenagers
- Normal phases and behaviour
- Sorting out behaviours
- PASTA strategy for teenagers
- Communication

**Date:** Thursday 15<sup>th</sup>, 22<sup>nd</sup> February and 1<sup>st</sup> March, 2018

**Time:** 6.30 – 8.30 pm

**Venue:** Centacare 142 Timor St, Warrnambool

**Cost:** \$6.50 (Workbook)

**Bookings:** Centacare Family Relationship Services

**Essential:** Family Relationship Practitioner

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