

# 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:** May 21<sup>st</sup>, 28<sup>th</sup> and June 4<sup>th</sup>  
**Time:** 6.30 – 8.30 pm  
**Venue:** Warrnambool East Primary School, Warrnambool  
**Cost:** \$6.50 (Workbook)  
**Bookings** Centacare Family Relationship Services  
**Essential:** Family Relationship Practitioner  
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