

PREPARING FOR ADOLESCENCE AND THE HIGH SCHOOL YEARS

You are invited to a program for parents and carers of pre-teen and teenage children where you will find a common ground to discuss the joys and challenges of navigating the adolescent years within your family. This program is particularly suited to parents and carers with children commencing their high school journey (years 5 & 6).

This course will support you to

- Help your son or daughter to develop a healthy self-esteem
- Manage your stress so you can do your best job as a parent
- Prevent and manage conflict with your pre-teen/teenager
- Promote harmony in your family

This course is offered 3 hours per week over a 3 week period

DATE: Thursday 15 November 2012

TIME: 6 – 9pm

VENUE: 47 Hicks Street Red Hill (corner Nuyts and Hicks Streets)

COST: \$50
Fee includes course materials and supper. Concessions available.

BOOKINGS ESSENTIAL Contact Gayle 61626122

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