



THE PARENTING TEENAGERS COURSE - PART 2

Entry Requirements:

Prerequisite ; participants need to have completed the "Course for Busy Parents" or "Tuning into Teens".

The course is designed for parents who would like to extend their knowledge and skills with the difficult job of parenting their teenage children. We acknowledge the importance of family in the lives of teenagers and support parents in their role of seeing children through the transition from childhood to adulthood. We do this by extending parents understanding of adolescence and parental roles, learning new skills for handling difficult situations and assisting teenagers to deal with their feelings. There are some opportunities for sharing our experiences of our new skills with other parents.

We will build on some of the theory covered in the previous course including:

- Adolescent development
- Dealing with difficult feelings
- Positive and negative messages
- Parenting styles and Communication
- Allocating Responsibility
- Giving and accepting affirmations.

As a group we :

- Share Information
- Focus on Self Esteem in the Family
- Learn and practice new skills
- Have fun and laugh



6.30PM TO 8 PM.



WILL COMMENCE ON
11th MARCH 2025
AND WILL RUN FOR
SIX WEEKS

THE COURSE WILL
BE ONLINE. A LINK
WILL BE SENT TO
YOU TO JOIN

Places will be limited so it is recommended that interested people register as soon as possible on yvonne@projectyouth.org.au or calling 0409798124 for more information.