"HELP", I’ve got a Teenager

HELP course for people with children twelve years and older

The course runs for six 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 Street. Bungalow  
When: Thursday, August 11–September 15, 2015  
Time: 5.30 pm to 8.00 pm  
Cost: $60.00 per participant or parent couple

Course includes weekly handouts and tea/coffee

All enrolments and enquiries please phone

UnitingCare Community Family Support

4050 4955

The Family Support Program is a joint initiative of UnitingCare Community and the Department of Communities