

# Parents Plus Adolescents' Programme



*An evidence-based parenting course promoting effective communication and positive relationships in families with adolescents aged 11 to 16 years.*

The Parents Plus Adolescents Programme considers how parents can connect with and build good relationships with their teenage children (aged 11-16), while also being firm and influential in their lives.

Topics include:

- Getting to know and connecting with your teenager.
- Communicating positively and effectively.
- Building your teenager's self-esteem and confidence.
- Negotiating rules and boundaries.
- Teaching teenagers responsibility.
- Positive discipline for teenagers.
- Managing conflict.
- Solving problems together.

## ***Who should attend?***

The course is free to attend and open to all parents and carers whose teenagers attend Mercy College Coolock. Where possible we recommend that both parents attend the course as we have found this helps the child the most. If you are a single parent, please feel free to bring along another supportive family member. We will meet all parents for an individual introductory meeting prior to the group starting.

## ***Course details***

The course consists of eight group sessions in Mercy College Coolock. Starting on Tuesday 20<sup>th</sup> February at 11.15.

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## **Reply**

If you are interested in attending the course please contact R Doherty (0860241797) or else send back this form.

**Name:** \_\_\_\_\_ **Names and ages of children:** \_\_\_\_\_

**Contact Details:** \_\_\_\_\_

**I would like to attend the Parents Plus Adolescents Course – please select: YES/ NO**

**My goals for attending are:**

Please return this form to Mercy College Coolock