

*Testimonials from Previous Participants :*

“I really enjoyed talking to other parents who were going through the same thing”

“Since the programme I have succeeded in communicating more positively and avoid areas of conflict with my teenager”

“It’s a great way of sharing thoughts and problems with other parents”

“I felt I wasn't alone, I was supported and I was able to laugh”

# Contact Us

**Please contact us to find out more about Parents Plus**

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MORNING PROGRAMME

## Parents Plus Adolescents Programme



**A Positive and Practical  
course on Parenting  
Adolescents**

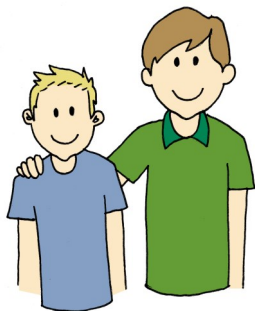


### ***About the Programme:***

The Parents Plus Adolescents Programme aims to support parents in their valuable role of bringing up teenagers and helping them grow into confident well adjusted adults.

### ***Who is the course for?***

The course is suitable for all parents and people caring for adolescents aged 11-16 years . This includes couples, lone parents, foster or step-parents, grandparents, other family members, and all other guardians and carers of children.



### ***Where and When?***

- ◆ Every Friday Morning from 9.30am—12.00pm.
- ◆ Newcastle Community Centre, Newcastle, Co Wicklow.
- ◆
  - Week 1: 5th May
  - Week 2: 12th May
  - Week 3: 19th May
  - Week 4: 26th May
  - Week 5: 2nd June
  - Week 6: 9th June



### ***Topics include:***

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

### ***Parenting Teenagers:***

Being a parent of a teenager brings many challenges. They are at a time when they are separating from their parents and pushing for independence and this can lead to a lot of conflict. The teenage years can be made all the more difficult if your child has specific difficulties such as behavioural, attention or learning problems.