Mum & Dad's! pick and choose which sessions you want.
Each of the 8 sessions is self contained and you can attend one or more.
Parenting program sessions give parents an understanding of children's
behaviour, provide strategies for effective discipline, encourage
positive behaviours and build resilience and self esteem in families.

Session 1 - Connecting with Teens
- Living with Teens
- Generational differences
- Deadly habits
- Talking with teens
- Connecting with your teen

Session 2 - Managing Conflict
- Social challenges
- Managing Anger
- Resolving conflict

Session 3 - Responsibility & Your Teen
- Peer & other pressures
- Accepting your teen
- Setting boundaries
- Responsibility & safety

Session 4 - Big Issues & Your Teen
- Risk taking
- Drugs, alcohol, smoking
- Bullying
- Aggression
- Party safety
- Internet & phone safety resources

Session 5 - Psychological Challenges
- Physical & body image challenges & tips for parents
- Good mental health & teens
- Recognising depression, anxiety
- Self harm behaviours & eating Disorders
- Resources available

For bookings or information call
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Nowra 4421 8248

www.catholiccare.woll.catholic.org.au
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