

Parenting & Enjoying Teenagers



A relaxed, informative & enjoyable group program for Parents and Carers of children 10yrs+

Topics covered:

- Adolescent development & challenges of parenting
- Highlighting and building on strengths
- Using effective and assertive communication
- Building your relationship with your teenager
- Setting limits and boundaries
- Improving life balance and developing self-care strategies
- Dealing with anger - yours and your teenagers!
- Hot topics: sex, alcohol and drug use, driving, social media and more!

BABI Youth & Family Service

Established 1983

TERM 4 - 2018: 6 week program

Special guest speaker on "eSafety - how to help keep young people safe online" in Week 6 *

Evening Group

Thursday Evenings* - 6.00pm to 8.30pm

18th october to 22nd November

Venue: BABI Office
34 Bay Terrace, Wynnum

* Note special eSafety presentation in Week 6 will be held on Wednesday 21 November



What past participants had to say about the group...

- "Definitely helped us as parents to cope with challenging teenagers"
- "Helpful to understand my teen and put things into perspective"
- "Gave me strategies to temper my response and encourage discussion in a supportive relationship"
- "Learnt to see our teen for who they are, not just who we want them to be"

Cost is \$60 or \$90 for a couple (negotiable in some circumstances).
Refreshments will be provided.

BOOKINGS ARE ESSENTIAL - PHONE BABI ON 3393 4176

Once booked, payments can be made to
BABI Youth & Family Service BSB# 084 129 A/C# 86662 9467
(please include in reference your surname followed by PET (eg. SurnamePET))