



Attention Parents

Do you want to help your adolescent grow into a confident, well adjusted adult and reach their potential?

Join our **Parents Plus 'Adolescent Programme'** and meet other parents in a supportive group to make this a reality.

Support your adolescent to:

- Make responsible choices
- Communicate positively
- Feel empowered
- Achieve their goals

As a parent, learn how to:

- Improve communication with your teenager
- Find solutions to problems together
- Teach your teenager responsibility
- Have a better relationship with each other

A six week programme starting on Wednesday 25th January at 9.30a.m. in Assumption Secondary School. Sessions will also take place in Parents Room in OLG C Drimnagh.

Facilitated by HSCL'S Chris Cahill and Lisa Doran 087 7168950



Parents Plus is an Irish charity that develops practical, evidence-based parenting and mental health programmes. We train professionals working with children and families to deliver the programmes in communities and clinical settings. Our programmes support families to communicate effectively, build satisfying relationships and overcome emotional and behavioural problems.

www.parentsplus.ie