



**BOOK  
NOW**

# Toolbox Parenting Group

Tweens & Teens (10-16 years)

**THURSDAY 20 FEBRUARY - 26 MARCH 2020**  
**10.30am - 12.30pm**

The tween and teen years can be challenging but also can be some of the best years of your life – and theirs! Over six weeks Toolbox aims to help you feel inspired, see the possibilities of a great future for your teen while grasping the concepts and practices of being a ‘Parent coach’.

What’s covered in the six sessions?

Session 1 - Love is the foundation

Session 2 - Parent styles

Session 3 - Stronger, deeper, closer

Session 4 - Heart-led parenting – Building resilience

Session 5 - Discipline without shouting, force or fluster

Session 6 - Putting it all together

**WHERE:**

The Parks Library  
Community Room 1  
46 Trafford Street  
Angle Park

**COST: FREE**

Creche is available  
Refreshments provided

**BOOKINGS ARE  
ESSENTIAL**

To book your space  
please phone  
8405 6550 or visit  
[cityofpae.evanced.info/  
signup](http://cityofpae.evanced.info/signup)

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