

# **PARENTING**

# **ADOLESCENTS**

# **10 - 15 YEARS**

Parenting Adolescents is a program for parents of young people aged 10 -15 years of age. Over 6 weeks the program will cover a number of topics including:

- Understanding adolescent development
- Setting boundaries & limits
- Consequences
- Strategies to deal with adolescent behaviours
- Respectful communication
- Problem solving
- Anger
- Self care

In addition to these topic areas, the program will give parents the opportunity to share their experiences and learn from each other.

## **When:**

Starts 28th April and finishes 2nd June 2016

## **Time:**

Thursdays 10am - 12.30pm

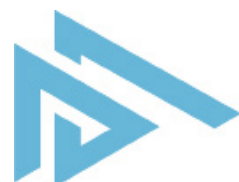
## **Where:**

Monash Training & Seminar Centre  
1A Atherton Road  
Oakleigh

There is no fee but bookings are essential as places are limited. To book call Libby or Emily at MYFS on 9518 3900



CITY OF  
**MONASH**



MONASH YOUTH +  
FAMILY SERVICES