



Strengthening your relationship with your teenager

FREE parenting course

ParentWise is a six-week parenting course for parents and carers of 12–17 year olds.

The program supports parents to better communicate and strengthen their relationships with adolescents.

ParentWise provides you with

- Strategies to connect with your adolescent based on their stage of development
- The skills to identify and set appropriate limits and boundaries
- Knowledge and understanding of various parenting styles
- Tools to effectively communicate with your adolescent
- The opportunity to share experiences and ideas with other parents

Registration is essential

To make an enquiry call 8571 7800 or email reception@goodshep.org.au

Program details

WHEN

TERM 3, 2020:

10:00am – 12:00pm, Mondays,
17 August to 21 September, 2020

WHERE

Inner West

Term 3 will be held face to face with appropriate social distancing.

Light refreshments provided

“I now have a better understanding why my teenager acts and feels the way they do.”

“ParentWise helped me feel more confident in my choices as a parent.”

Quotes from parents



Good Shepherd

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