



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 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 1, 2021:

5:30pm to 7:30pm Wednesdays
17 February to 24 March 2021

WHERE

Inner West - Venue TBC

Term 1 will be held face-to-face with appropriate social distancing.

"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."