



ENGAGING ADOLESCENTS™ PARENT COURSE

Parenting skills for resolving teenage behaviour problems

A three-session program for parents and carers
with **Tamworth Family Support Service**

Date: **17th, 24th & 31st March 2020**

Time: **10-12pm**

Where: **'The Youthie' 1a Quinn Street, Tamworth.**

Learn:

- ✓ Some common ground shared by parents & reasonable expectations to hold about adolescents
- ✓ New understandings of adolescence
- ✓ A three-option model & flow chart for decision-making
- ✓ Self check-in, first - for parents.
- ✓ Building relationship with your teenager and making the best of your non-crisis conversations with them
- ✓ Skills for tough conversations for handling those problems you just can't ignore

Registration Fee- FREE

Includes Light morning tea and transport available on request. No child minding available.

Register for this course by contacting Youth Projects Caseworker **Kayla Devine** on Free call number **1800 073 388** or **Kayla1@tfss.com.au**.

Overview of Meetings

Meeting 1

Family life with teenagers
What to parent
Managing ourselves

Meeting 2

Relationships
Conversations with teenagers
PASTA
Demo PASTA

Meeting 3

Elements of PASTA
Completing tough conversations
Summary

- An end to the arguing and yelling!
- It saved our lives
- Simple, sane, effective
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