



ENGAGING ADOLESCENTS™ PARENT COURSE

Parenting skills for resolving teenage behaviour problems

A **FREE** two-session program for parents and carers of students on

Monday 18th and Wednesday 27th April 4.30pm-6.30pm

Venue: Glenroy ERC (Library) at Penola Catholic College

- ✓ Shared common ground 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

FREE for Parents and Carers of students attending Penola Catholic College

Register your attendance for this course *by Tuesday 12th April 2016* via:

Email: send your name and interest for the Engaging Adolescents Course to mkolta@penola.vic.edu.au or tdour@penola.vic.edu.au

For more information please contact the course presenters:

Psychologists, **Marian Kolta** on 9301 2725 or **Teeka Dour** on 9301 7866

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