TOOLBOX
PARENTING TEENS

The toolbox parenting course is a six session program designed to help parents address the challenges of adolescence.

The aim of the course is to give parents tools to equip your teenager with a strong sense of self, as well as responsibility and resourcefulness, and to help you in your journey of letting go and handing over some of the controls as your young person learns to fly solo.

Topics include:
- Atmosphere
- Communication
- Boundaries
- Discipline
- Healthy Thinking

About the Facilitator

Bronwyn is a mother of 2 teenagers, and has 8 years experience running parenting programs, helping over 750 parents. She is an accredited facilitator for Triple P, 123 Magic and Emotional Coaching & Toolbox for Parents of Adolescents.

For further information about other services offered at Georges River Life Care, please go to www.grlifecare.org.au.

COURSE INFORMATION
DATES Thursdays 19 February to 26 March
TIME 7.00 - 9.30pm
WHERE Georges River College
      Peakhurst Campus Library
      Rona Street, Peakhurst
COST $65 includes manual
      $35 partner
      Subsidy available upon application
REGISTER grlifecare.org.au/parentingteens
ENQUIRIES 9153 6300