

Free Effective Parenting Course



This five week course is facilitated by experienced clinicians specializing in adolescent development and behavior. The course will assist parents to build stronger parent-child relationships and better manage and understand their adolescent's behavior. **This is a skills building and educational program only.** Places book out well in advance as we prefer to keep spaces limited.

“This course is one of the MOST beneficial things we have done as parents- everyone should be taught these strategies/knowledge. Totally needed in the community”

Matt and Jane

TOPIC AREAS INCLUDE:

- ✓ Understanding your child - adolescent development
- ✓ Reflecting on your parenting - the impact of various parenting styles
- ✓ Setting limits and boundaries that stick
- ✓ Effective communication and conflict resolution strategies
- ✓ Practical strategies for building resilience in your children
- ✓ Special topics: alcohol and other drugs, sex, mental health and enhancing internal regulation

WAYS/BONDI BEACH

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E. daniel@ways.org.au

63A Wairoa Ave North Bondi

**DATE: Mondays from Monday Nov 13th -
Monday 1st of December**

TIME: 6PM - 8PM

Please call and speak to Daniel or Michal to register or to enquire