

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

"Both facilitators were extremely knowledgeable & generous with their information. It was great to have practical experience to reinforce the theory. I thought the content was pitched correctly to the target audience. Great service & felt privileged to have access to it" Simone and Jack

"Absolutely life changing for me! Already recommended it to a few people " Sam

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

63A Wairoa Ave North Bondi

DATE: Mondays from Monday May 7th -
Monday 4th of June

TIME: 6PM - 8PM

P. (02) 9365 2500

E. daniel@ways.org.au or michal@ways.org.au

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