

# 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.**

## 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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63A Wairoa Ave North Bondi

**DATE:** Mondays from Monday May 22<sup>nd</sup> -  
Monday 19<sup>th</sup> of June

**TIME:** 6PM - 8PM

Call and speak to Daniel to register or to enquire