

FREE

Effective Parenting Course



This free four-week course is facilitated by experienced psychologists specialising in adolescent development and behaviour. The course will assist parents to build stronger parent-child relationships and better manage and understand their adolescent's behaviour. This is a skills-building and educational program only.

**Every Wednesday for 4 weeks: 8 May, 15 May, 22 May & 29 May
6:00pm - 8:00pm**

WAYS Bondi Junction-Tiffany Plaza, 422 Oxford St, Bondi Junction (on top of the train station)

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, navigating social media and cyberspace & enhancing internal regulation

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“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”

“Both facilitators were extremely knowledgeable and 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 and felt privileged to have access to it”

“Absolutely life changing for me! Already recommended it to a few people.”

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Hurry book in today as places are limited

Please call and speak to Luke to reserve your place
or for more information

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ways.org.au

