



ENGAGING ADOLESCENTS™ PARENT COURSE

Parenting skills for resolving teenage behaviour problems

A three-session program for parents and carers
at Allambi Care Main Hall (Mezzanine Room)
28 Fraser Pde Charlestown

When: Monday Evenings 8th March to 22nd March 2021

Time: 6pm – 8pm

Cost: \$20, workbooks & refreshments provided.

Learn:

- ✓ Some common ground shared by parents & reasonable expectations to have about adolescents
- ✓ New understandings of adolescence
- ✓ A three-option model & flow chart for decision-making
- ✓ Self-check-in, first-for parents
- ✓ Building relationship with your teenager and making the best of your non-crisis conversations with them
- ✓ Skills for tough conversations for handling those problems you just can't ignore

What parents have said...

A step dad recalled an incident at the weekend with his 12 year old step daughter. He said that the input he had received the previous week from the course helped him keep his cool and brought a more favourable outcome.

A single Mum who had presented as quite anxious on the first night told the group in week 2 that she had made an appointment with her 15 year old son during the week and had had a far more favourable discussion with him than would previously have been the case.

Who's running it?

The trainer for this course is Michael Burke who works as an Adolescent & Family Counsellor in the East Lake Macquarie Local Government Area. East Lakes Youth Services are hosting and collaborating with the workshop.

Registration is required

Limited spaces are available, please register for this course by registering with Emma or Leanne on 0249445959.



ALLAMBI CARE

• An end to the arguing and yelling! • It saved our lives • Simple, sane, effective •