



## PARENTING TEENS in 2018

Come and meet other Year 7 parents and discuss how current research helps us live with our teens in a positive way and help them to develop the emotional intelligence skills they need for life.

Being a parent of teenagers often creates challenges that stretch our patience and sometimes our sanity. Do you find yourself thinking ... What will I do if my teenager changes into a typical teen wanting too much independence, not communicating with us or listening to us?

Receive the tools and strategies based on current research to understand what your teenager is really saying and respond in a way they can understand and help them to develop emotional regulation. This is a free **4 week course** for parents, grandparents or carers. Numbers are limited.

For more information please ring:

Christine Hain (School Counsellor) 4324 4022 OR

Cathy Toby (Leader of Student Wellbeing) 4324 4022

WHEN: **Tuesday nights**  
**13th February, 20<sup>th</sup> February, 27<sup>th</sup> February, 6<sup>th</sup> March,**

TIME: 6.00pm -8:00pm

VENUE: St Joseph's Catholic College Library

Please send reply slip back to school by 7<sup>th</sup> February 2018 to front office marked Attention Mrs Hain School Counsellor.



I /we will be able to attend the 4 sessions of Parenting Teens in 2018 commencing 13<sup>th</sup> February 2018.

Names of participants: \_\_\_\_\_

Daughter's name: \_\_\_\_\_

Day time contact phone number: \_\_\_\_\_