



## PARENTING TEENS in 2017

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 set boundaries. 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: **Monday night**  
**20th February, 27<sup>th</sup> February, 6<sup>th</sup> March, 13<sup>th</sup> March 2017**

TIME: 6.15 pm -8:30pm  
VENUE: St Joseph's Catholic College Library  
Please send reply slip back to school by 15<sup>th</sup> February 2017 to front office marked  
Attention Mrs Hain School Counsellor.



I /we will be able to attend the 4 sessions of Parenting Teens in 2017 commencing 20<sup>th</sup> February 2017.

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

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

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