

ENGAGING ADOLESCENTS™ PARENT COURSE



PARENTING SKILLS FOR RESOLVING DIFFICULT TEENAGE BEHAVIOUR

A 3 session program for parents and carers
at JEWISHCARE

3 Saber Street, Woollahra

on Tuesdays 23, 30 October, 6 November 2018 at 6.30pm – 9.00pm

AIMS

- ✓ Some common ground shared by parents & reasonable expectations to hold 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

COURSE COSTS AND DURATION

The course fee is \$40 pp or \$65 per couple which includes workshop materials.

The course runs over 3 evenings. In order to get the most out of the workshop, it is important that you are available to attend all 3 evenings.

TO BOOK AND FOR FURTHER ENQUIRIES

<https://www.trybooking.com/book/event?eid=420983&>

E: engagingadolescents@jewishcare.com.au or call Robyn Bernitz 9302 8006

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?

Both employed with JewishCare, Robyn Bernitz is the Family Support Manager and Mimi Zilka is Youth Services Manager. Both have extensive experience working with children and adolescents, and are accredited trainers of the Parentshop 'Engaging Adolescents' training program.

This course is being run by a Parentshop® licensed practitioner. www.parentshop.com.au