

# Parenting & Enjoying Teenagers

A relaxed, informative & enjoyable group program for Parents and Carers of children 10yrs+

## Topics covered:

- Adolescent development & challenges of parenting
- Highlighting and building on strengths
- Using effective and assertive communication
- Building your relationship with your teenager
- Setting limits and boundaries
- Improving life balance and developing self-care strategies
- Dealing with anger - yours and your teenagers!
- Hot topics: sex, alcohol and drug use, driving, social media and more!



## BABI Youth & Family Service

Established 1983

**TERM 4 - 2017: 6 week program**

### Evening Group

Thursday Evenings - 6.00pm to 8.30pm

2nd November to 7th December

Venue: BABI Office  
34 Bay Terrace, Wynnum



#### **What past participants had to say about the group...**

*"Definitely helped us as parents to cope with challenging teenagers"*

*"Helpful to understand my teen and put things into perspective"*

*"Gave me strategies to temper my response and encourage discussion in a supportive relationship"*

*"Learnt to see our teen for who they are, not just who we want them to be"*

Cost is \$60 or \$90 for a couple (negotiable in some circumstances).  
Refreshments will be provided.

**BOOKINGS ARE ESSENTIAL - PHONE BABI ON 3393 4176**

Once booked, payments can be made to  
BABI Youth & Family Service BSB# 084 129 A/C# 86662 9467  
(please include in reference your surname followed by PET (eg. SurnamePET))