

Parents Plus Adolescents Programme



An evidence-based parenting course promoting effective communication and positive relationships in families with adolescents aged 11 to 16 years.

The Parents Plus Adolescents Programme considers how parents can connect with and build good relationships with their teenage children (aged 11-16), while also being firm and influential in their lives.

Topics include:

- Getting to know and connecting with your teenager.
- Communicating positively and effectively.
- Building your teenager's self-esteem and confidence.
- Negotiating rules and boundaries.
- Teaching teenagers' responsibility.
- Positive discipline for teenagers.
- Managing conflict.
- Solving problems together.

Who should attend

The course is open to all families with adolescents aged 11- 16 years of age. Where possible we recommend, but it is not necessary, that both parents attend the course as we have found this helps the child the most. If you are a single parent, please feel free to bring along another supportive family member. Where possible all parents will be met for an individual introductory meeting prior to the group starting.

Course details

The course consists of six two and half hour group sessions held in the GP room in St Pius X BNS. Starting on Wednesday November 6th at 6:30 pm and finishing on December 11th. The subsidised cost of the course is €150 which includes the Parents Plus Workbook and all information handouts on special topics. Spaces are limited so please go to the St Pius Parents Association website easy payment plan to secure your place.

If you have any questions regarding the course please contact Shannon Ward at: shannonward@eircom.net or 085-7133363