

BARNARDOS

YOU AND YOUR TEENAGER

If you would you like to hear more about

- Positive communication with teenagers
- Encouraging and supporting teenagers
- Establishing boundaries and discipline
- Dealing with conflict and challenging behaviour
- Problem solving
- Issues affecting teenagers
- Taking care of yourself as a parent

And also meet other parents of teens!



THEN THIS COULD BE FOR YOU

From: Wednesday 7th May 2014
To: Wednesday 25th June 2014
Time: 10 a.m. to 12.30 p.m.
Venue: 24 Askea Lawns, Carlow
Cost: **FREE**
Duration 7 weeks



Please note: No session will be held on Wednesday 4th June

**For further information or to book a place
Please contact Barnardos on 059 9132868 or
Drop in to see us at 24 Askea Lawns, Carlow**