



Engaging Adolescents Parenting Program

-RESOLVE DIFFICULT BEHAVIOUR IN TEENAGERS-

FREE program for parents of teens (and pre-teens) aged 10 to 18

Tired of yelling and nagging?

In 3 sessions parents will learn:

- Some common ground shared by parents & reasonable expectations to hold about adolescents;
- New understandings of adolescents;
- A three-option model & flow chart for decision making;
- Self-check-in first, for parents;
- Building a relationship with your teenager and making the best of your non-crisis conversations with them.

On fully completing all 3 sessions of the program parents will receive:

- * **A FREE workbook** (valued at \$12) to apply the concepts learnt
- * **A Certificate of Completion**

*Do this highly sought-after program **live online** from the comfort of your own home!*

HURRY!

Applications close
**Monday
1st December**

When?

6:30pm – 8:30pm

Over 3 Thursdays:

December 4th

December 11th

December 18th, 2025

Cost?

FREE - but booking your spot is essential!

To apply or find out more please contact:

Mark Brookes

0484 072 775 (Mo/Th/Fr)

or

Jo Choyce

5671 3273 (Mon-Thu)

Bass Coast Health

Integrated Family Services