



PARENTS PLUS Adolescent Programme

An evidence-based parenting course promoting effective communication and positive relationships in families with adolescents aged 10 to 18 years.

Help teens to be happy and have good self-esteem.

Help teens deal with anxiety, anger and bullying.

**An 8 week course taking place every Tuesday
from 24th September 2024
in Corduff Resource Centre
from 10.00am to 12.00pm.**

Encourage good communication , and have less arguments

For more information,
please contact
Karen Gorman
086 2836478

Parents and teens can learn to talk to each other