

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 1 - 2020: 6 week program

Morning Group

Tuesday Mornings

10am to 12:30pm

18th February to 24th March

Venue: BABI Youth & Family Service

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))