



ENGAGING ADOLESCENTS™ PARENT COURSE

Parenting skills for addressing teenage behaviour problems

A three-session program for parents and carers

at High Street Youth Health Service (HSYHS)

65 High Street Harris Park

on Wednesday 21st, 28th March and the 4th of April 2018 at 3:00pm – 5:00pm.

What you will learn:

- ✓ Some common ground shared by parents & reasonable expectations to hold about adolescents
- ✓ New understandings of adolescence
- ✓ A three-option model & flow chart for decision-making
- ✓ Self check-in, first - for parents.
- ✓ Building relationship with your teenager and making the best of your non-crisis conversations with them
- ✓ Skills for tough conversations for handling those problems you just can't ignore

Registration Fee - The course costs is free.

To register for this course please complete the referral form and email to Christian San Juan at High Street:

Email: christian.sanjuan@health.nsw.gov.au

Prior to the group each participant will need to agree to and sign a participant agreement.

What parents have said...

A step dad recalled an incident at the weekend with his 12 year old step daughter. He said that the input he had received the previous week from the course helped him keep his cool and brought a more favourable outcome.

A single Mum who had presented as quite anxious on the first night told the group in week 2 that she had made an appointment with her 15 year old son during the week and had had a far more favourable discussion with him than would previously have been the case.

Who's running it?

The trainers for this course are Christian and Nina who completed Parentshop's Engaging Adolescents training on 10th February 2016.

Christian and Nina work within Youth Health for Western Sydney Local Health District.

For more information please contact Christian San Juan on:
(02) 8860-2500 at High Street Youth Health Service.



Health
Western Sydney
Local Health District

- An end to the arguing and yelling!
- It saved our lives
- Simple, sane, effective
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This course is being run by a Parentshop® licensed practitioner. www.parentshop.com.au