

## Strengthening your relationship with your teenager

### FREE parenting course

ParentWise is a six-week parenting course for parents and carers of 12-17 year olds.

The program supports parents to better communicate and strengthen their relationships with adolescents.

ParentWise is facilitated by experienced adolescent and family workers.

### ParentWise provides you with

- Strategies to connect with your adolescent based on their stage of development
- The skills to identify and set appropriate limits and boundaries
- Knowledge and understanding of various parenting styles
- Tools to effectively communicate with your adolescent
- The opportunity to share experiences and ideas with other parents

### Registration is essential

Please call 8571 7800 or email [reception@goodshep.org.au](mailto:reception@goodshep.org.au) to express your interest

### What parents say about ParentWise

“ParentWise helped me feel more confident in my choices as a parent.”

“I now have a better understanding why my teenager acts and feels the way they do.”

### Program details

#### WHEN

Friday mornings, 10:00am – 12:00pm  
One session per week for six weeks,  
from 9 November to 14 December, 2018  
Light refreshments provided

#### WHERE

Dulwich Hill Salvation Army Hall  
54 Dulwich St, Dulwich Hill NSW 2203



Good Shepherd

Australia New Zealand

440 Marrickville Rd, Marrickville NSW 2204  
02 8571 7800

[reception@goodshep.org.au](mailto:reception@goodshep.org.au)  
[www.goodshep.org.au](http://www.goodshep.org.au)