

Y•Whānau

FREE Parenting Programme
for parents and caregivers of 10-16 year olds

2-hour evening sessions over 6 weeks

BOOK TODAY!

Next course starts:

10 July 2023, 6-8pm

Date

The Y, 7-9 Sophia St, Timaru

Location

You'll learn:

- > Adolescent brain development & stages
- > Parental styles and roles, support systems, boundaries and self care
- > Effective communication tips and tools
- > How to actively parent and feel good about your role
- > Consequences & choices, & tools to help your teen learn from both
- > How to have difficult conversations about sex and drugs

For more info contact:
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YMCA South & Mid Canterbury
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Te Whakangao i te Reanga ā Mua

