

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:

6 May 2024

6:30 pm - 8:30 pm

The Y

7-9 Sophia Street

Timaru

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:

Jo Skudder-Beswarick

Team Leader-Community Development

P: 027 619 8379 | E: jo@ymcasc.org.nz

YMCA South & Mid Canterbury
Investing in the Next Generation
Te Whakangao i te Reanga ā Mua

