

### COURSE INFORMATION

**DATES** Thursdays 19 February to 26 March

**TIME** 7.00 - 9.30pm

**WHERE** Georges River College  
Peakhurst Campus Library  
Rona Street, Peakhurst

**COST** \$65 includes manual  
\$35 partner  
Subsidy available upon application

**REGISTER** [grlifecare.org.au/parentingteens](http://grlifecare.org.au/parentingteens)

**ENQUIRIES** 9153 6300

### About the Facilitator

Bronwyn is a mother of 2 teenagers, and has 8 years experience running parenting programs, helping over 750 parents. She is an accredited facilitator for Triple P, 123 Magic and Emotional Coaching & Toolbox for Parents of Adolescents.

For further information about other services offered at Georges River Life Care, please go to [www.grlifecare.org.au](http://www.grlifecare.org.au).



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# TOOLBOX PARENTING TEENS



The toolbox parenting course is a six session program designed to help parents address the challenges of adolescence.

The aim of the course is to give parents tools to equip your teenager with a strong sense of self, as well as responsibility and resourcefulness, and to help you in your journey of letting go and handing over some of the controls as your young person learns to fly solo.

Topics include:

- Atmosphere
- Communication
- Boundaries
- Discipline
- Healthy Thinking



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