



ENGAGING ADOLESCENTS™ PARENT COURSE

Parenting skills for resolving teenage behaviour problems

A three-session program for parents and carers
at **Kogarah High School**

Tuesdays 18th March – 25th March – 1st April 2014

9.30am – 11.30am

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: FREE

Register for this course contacting **Nazek Roumieh** at **Kogarah High School** on **9587 5815** or **Mobile: 0411135969**

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 trainer for this course is Nazek Roumieh who completed Parentshop's Engaging Adolescents training. Nazek Roumieh is the Community Liaison Officer at Kogarah High School. Mrs Roumieh has been working with the Department of Education for the past 10 years while focussing on supporting parents to build good relationship with their children throughout their teenage years.

For more information email nazek.roumieh@det.nsw.edu.au

• An end to the arguing and yelling! • It saved our lives • Simple, sane, effective •