



Attention Parents

Do you want to help your adolescent grow into a confident, well adjusted adult and reach their potential?

Join our **Parents Plus 'Adolescent Programme'** and meet other parents in a supportive group to make this a reality.

Support your adolescent to:

- Make responsible choices
- Communicate positively
- Feel empowered
- Achieve their goals

As a parent, learn how to:

- Improve communication with your teenager
- Find solutions to problems together
- Teach your teenager responsibility
- Have a better relationship with each other

Every **Wed** from 9th March for 7wks

Zoom from **10.30am-12pm**

For more information or to reserve your place, please contact:

Niamh Kelly 087-4416913 or Elaina Fitzgerald 087-4313807



An Ghníomhaireacht um
Leanaí agus an Teaghlach
Child and Family Agency