Communicating with Teens Course

- influence your teenager's behaviour
- understand the stages of development of teenagers
- feel more comfortable with your teenager's highs and lows
  - keep lines of communication open between you and your teenager
  - cope with your own and your teenager's anger in a constructive way
- learn how to get your point across and also listen to your teenager’s point of view
- learn how to resolve “issues” between your teenager and yourself and still keep the relationship intact
- ……. plus more ideas on how to build relationships - what works and what doesn’t work!

**COURSE VENUE:** CHATSWOOD 5wks/2.5hrs
**When:** Wednesday, 24th February, 2010 (7.00pm - 9.30pm)
**COST:** $150 per person  Concession: $125 per person

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**Dealing With Teen’s Back Chat Workshop**

**VENUE:** CHATSWOOD
**When:** Wednesday, 17th February 2010 - 7.00pm – 9.30pm - $40 per person

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**Triple P (PPP) Teens Seminar Series**

available on request – to organise these or for details of Workshops/Seminars scheduled for this term, phone 9887-5830

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**TO ENROL, PLEASE COMPLETE THIS FORM**

(Teens – Term 4)

**Family Name:** .................................................................  **First Name(s):** .................................................................
**Address:** .................................................................................................................................
**Suburb:** .................................................................  **Postcode:** .................................................................
**Phone:** (h)...........................................  (w )................................. □ M □ F (Please tick)  **Ages of children:** .................................................................
**Email address:** .................................................................................................................................

**COURSE ☐  WORKSHOP ☐

CONCESSION CARD NUMBER MUST BE QUOTED IN ORDER TO RECEIVE CONCESSION.  Concession No. .................................................................
**NSCCH employees ONLY:**  (20% discount)  **Department & Hospital** .................................................................
Pay Money Order/Cheques to ‘Northern Sydney Central Coast Area Health Service’ and post to:
Child & Adolescent Parenting, PO box 142, North Ryde NSW 1670  OR  fax 9887 2941
**Credit Card:**  Master Card ☐  Visa Card ☐  **AMOUNT:** $

Cardholder’s Name: (printed) .................................................................  Cardholder’s Signature: .................................................................

Enquiries: Child & Adolescent Parenting - 9887 5830