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, 26th May, 2010 (7.00pm - 9.30pm)
COST: $150 per person Concession: $125 per person

Dealing With Teen’s Back Chat Workshop
VENUE: CHATSWOOD
When: Wednesday, 19th May 2010 - 7.00pm – 9.30pm - $40 per person

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

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. ………………………………………………………………………
NSCH 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 1670 OR fax 9887 2941.
Credit Card: Master Card [ ] Visa Card [ ] AMOUNT: $……………………………………………………………………
Cardholder’s Name: (printed) …………………………………………… Cardholder’s Signature: ……………………………………………