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 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, 3rd November, 2010  (7.00pm - 9.30pm)
COST: $150 per person   Concession: $125 per person

Dealing With Teen’s Back Chat Workshop
VENUE: CHATSWOOD
When: Wednesday, 27th October, 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

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

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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 1670 OR fax 9887 2941.

Credit Card: Master Card ☐ Visa Card ☐ AMOUNT: $ 

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Enquiries: Child & Adolescent Parenting - 9887 5830