



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

8 Sessions starting on Thursday **September 21st 2023** to **November 16th 2023**

At **Kells Family Resource Centre** from **7 to 9pm**. Course costs €25.

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

Kells Family Resource Centre 046 924 7176