

Odyssey®

Parenting Your Teen
Programme

DATES: Commencing - 7th March for 8 weeks – Evenings 7pm – 9pm

Odyssey



Odyssey, Parenting Your Teen Programme is a groundbreaking 8 session course for those parenting young people aged 11-18 years, specially developed to **improve communication** and **relationships**.

TOPICS COVERED

- Parenting Styles
- Teen Development
- Rules and Consequences
- Dealing with Conflict
- Improving Self-Esteem
- Problem Solving

VENUE

Pineridge, Balbriggan,
Co. Dublin. K32D923



CALL NOW
TO REGISTER
Irene McNally 0863803513
Bernie Murray 0870509194

Developed by Odyssey Parenting NI