



the  
**family**  
centre

# SOON THEY'LL BE TEENAGERS



Are you a parent or a carer of a 9 – 12 year old?

Do you want to understand more about what is happening for your child as they enter the pre-teen years?

Do you want to help them move into their teenage years with confidence?

## WHAT'S THE COURSE ABOUT?

Soon They'll Be Teenagers is a parenting course designed to equip you with the knowledge and skills you need to support your child through the transition to adolescence.

## WHAT CAN YOU EXPECT?

Through information sessions, practical exercises, group discussions and brainstorming we will explore:

- Physical and hormonal changes (including brain development), social & emotional changes and changes in the child/parent relationship
- Different approaches to parenting
- Our responses to concerning behaviours
- Strategies for communication and conflict resolution that you can take away and 'try out'
- Strategies that other parents have found work well for them

## WHAT WILL YOU LEARN?

- Increase your knowledge and skills to assist you with the changing relationship
- Awareness of your own parenting style
- Identify what's working for you and what you would like to change
- Communication, boundary setting and tough conversation skills
- Practical tips/ideas that you can take away and 'try out'
- How to maintain a strong connection with your child as they move toward adolescence

## WHAT OTHERS ARE SAYING ABOUT THE COURSE

“Thank you, I feel supported by the information and strategies that we have discussed.”

“Loved the workshop. It helped me remember how I want to parent in our busy world.”

“A great course. It is perfect timing for reconnecting with pre-teens before it's too late. Not only will the info learnt enable my daughter to be a more confident child but should radiate through the family and outwards. Thank you.”

The course runs for four weeks for two hours each week.

### **COST:** \$20

If you are unable to pay for course fees please talk with our intake worker or the course facilitator.

The Family Centre is committed to providing equal access to all the courses we offer.

### **CONTACT:**

#### **Bookings are essential**

For further information on any of our courses or workshops please call 9am–12.30pm, Monday to Friday (07) 5524 8711 or ask at reception.

For more information on the course program go to

**[www.thefamilycentre.org.au](http://www.thefamilycentre.org.au)**

Child minding is available upon request.

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