

Strengthening your relationship with your teenager

FREE parenting course

ParentWise is a six-week parenting course for parents and carers of 12–17 year olds.

The program supports parents to better communicate and strengthen their relationships with adolescents.

ParentWise is facilitated by experienced adolescent and family workers.

ParentWise provides you with

- Strategies to connect with your adolescent based on their stage of development
- The skills to identify and set appropriate limits and boundaries
- Knowledge and understanding of various parenting styles
- Tools to effectively communicate with your adolescent
- The opportunity to share experiences and ideas with other parents



Registration is essential

To make an enquiry call 8571 7800 or email reception@goodshep.org.au

What parents say about ParentWise

"ParentWise helped me feel more confident in my choices as a parent."

"I now have a better understanding why my teenager acts and feels the way they do."

Program details

WHEN

Wednesday evenings, 5:30 – 7:30pm
One session per week for six weeks,
from 21 February to 28 March, 2018
Light refreshments provided

WHERE

Good Shepherd Australia New Zealand
440 Marrickville Road, Marrickville



Good Shepherd

Australia New Zealand

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