

# Parents Plus Programme

**Parenting Teens can be tough!**

**Free Course available!**

## **Topics Include:**

*Positive Communication and Listening*

*Rules and Discipline*

*Problem Solving*

*Connecting with your Teenager*

*Dealing with Conflict and Aggression*

*Encouraging your Teenager*

## **Refreshments Provided**

***Starts on Tuesday 20th September –***

***09.45-12.30***

***for 10 weeks***

***(Term Time only)***

***Filton Ave Children's centre***

***Blakeney Road, BS7 0DL***

**Call Tasha 07464 510313 or**

**Gail 07584202855 to book a place**

