



# ENGAGING ADOLESCENTS™

A three-session program for parents and carers of teenagers

**Wednesday 4<sup>th</sup>, 11<sup>th</sup> and 18<sup>th</sup> November**

**6.30pm – 9.00pm**

**Naremburn Family Centre  
40 Merrenburn Avenue, Naremburn**

Engaging Adolescents is a program ideally suited for parents of young people in Years 6 – 9 that aims to equip you with knowledge, skills and tips to assist everyone through the teenage years. It aims to strengthen bonds and find new ways to resolve problems.

*“An end to the arguing and yelling”*  
*“Simple, sane and effective”*

Bookings are essential as spaces are limited. To enquire or register for the course please contact us at:

[naremburnfamilycentre@dbb.org.au](mailto:naremburnfamilycentre@dbb.org.au)

**8425 8700**

**\$60 per person**

Course cost includes workbook, fridge magnet and supper.

**CatholicCare**  
Diocese of Broken Bay

## Learn:

- ✓ Some common ground shared by parents and reasonable expectations to hold about adolescents
- ✓ New understandings of adolescence
- ✓ Ways to respond to different behaviours
- ✓ Self check-in
- ✓ Building a relationship with your teenager and making the best of your non-crisis conversations with them
- ✓ Skills for tough conversations for handling those problems you just can't ignore

## Who's running it?

The trainers for this course are Nicola Hensler and Jacque Stone from CatholicCare. Both work at the Naremburn Family Centre within the Counselling and Family Support teams respectively. Between them, they have nearly 40 years' experience working with young people and families in Sydney's north.

They have a wide range of professional experience in the youth sector and are passionate about the benefits of early intervention and strengthening families.