



PARENTS PLUS

Adolescent Programme

An evidence-based parenting course promoting effective communication and positive relationships in families with adolescents aged 11 to 16 years.

Information Session: Wednesday 4th March 2020 @ 10a.m

8 Week Course - 2 hours per week

When: Wednesday 10a.m- 12 midday

Programme Dates: 11th, 18th & 25th March

1st, 8th, 22nd & 29th April

6th & 13th May

Venue: Coláiste Éamann Rís [Deerpark]

**Facilitated by: Carmel O'Callaghan & Barry O' Shea HSCL
& Jacqueline Daly - Cork City Partnership**

For more information, to reserve your place, or request an application form

Contact: Carmel 087 2897931 / Barry 086 7509837 / Jackie 087 1962030



Parents Plus is an Irish charity that develops practical, evidence-based parenting and mental health programmes. We train professionals working with children and families to deliver the programmes in communities and clinical settings. Our programmes support families to communicate effectively, build satisfying relationships and overcome emotional and behavioural problems.

www.parentsplus.ie