

Do you often find yourself baffled by your teenagers behaviour?



Are you worried about how to cope with their behaviour?

Would you like to know more about what issues teenagers are facing today?

Do you ever think 'Why are they acting like this? I don't understand them!'

Then come along to our information session!

AIMS

The programme should provide opportunities to -

- Gain an understanding of issues affecting your teenager in today's society
- Meet other parents and meet new people
- Be better informed on how to talk to, protect, understand and help your teenager
- Understand key issues such as mental and emotional health, drugs and alcohol and internet safety and gain some tips on how to parent your teenager.
- Learn more about the kind of support and help that is available locally

With Guest Speakers



10.30am



11am



11.30am



12.30pm



1pm



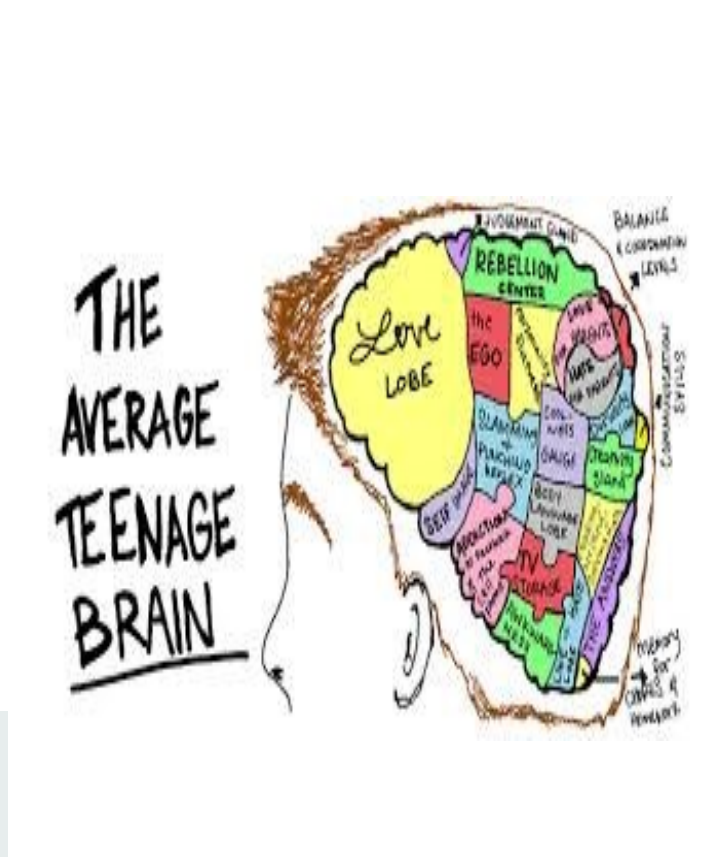
Tuesday 19th April 2016 between
10am-2pm

The sessions will be held at the
AmmA Centre, Markethouse,
Armagh.

Lunch will be provided.

Should you have any enquiries or
would like to come along to this
event then please do not hesitate to
contact Maria on 028 37522380

There are a limited number of spac-
es available on this programme so
please let us know as soon as pos-
sible if you would like to attend!



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Parenting Your Teen: An Infor- mation Session

