

Odyssey

*Parenting Your Teen*  
Programme

Starting 17 September for 8 weeks, 10a.m.-12 noon

Odyssey



Odyssey, Parenting Your Teen Programme is a groundbreaking 8 session course for those parenting young people aged 11-18 years, specially developed to **improve communication** and **relationships**.

**TOPICS COVERED**

Parenting Styles  
Teen Development  
Rules and Consequences  
Dealing with Conflict  
Improving Self-Esteem  
Problem Solving



**VENUE**

Wellview Resource Centre  
17-18 Wellview Green  
Mulhuddart  
Dublin 15

**CALL NOW**

TO REGISTER

**Maureen O'Neill 087-0509560** or **Eva Notini 087-0509186**

Developed by Odyssey Parenting NI