



The Journey THROUGH ADOLESCENCE

The Program is called The Resourceful Adolescent Program for Parents (RAP – P). This program is suitable for parents and carers of children attending primary school years 5 & 6 and secondary school students attending years 7—12.

RAP – P will help you:

- Help your teenager to develop a healthy self-esteem
- Help your teenager to gain independence while still feeling safe and part of the family
- Manage your stress so you can do your best job as a parent
- Prevent and manage conflict with your teenager
- Promote harmony in your family

The course is offered 3 hours per week over a 3-week period.

DATES: Mondays 10th, 17th and 24 September 2018

TIME: 6pm—9pm

VENUE: 57 Hicks Street, Red Hill

FEE: \$100 (Concessions available)

includes light supper & course materials

Bookings
Essential
Contact

1800 068 698