



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 for a 3 week period.

DATES:

TIME:

VENUE:

FEE:

Fee includes light supper & course materials

