



FAMILY

# PARENTING WORKSHOPS

## SESSION 1 - PRAISE AND EFFECTIVE LIMIT SETTING

**18th November 10am**

Our workshop is designed to support parents to set effective age appropriate limits for their child and reinforce good behaviour through effective praise and encouragement.

- For Parents with school age children
- Online session

## SESSION 2 - COMMUNICATING WITH YOUR TEEN

**2nd December 10am**

Our workshop is designed to help parents look at pressing the pause button and find ways to communicate effectively with their teen, during these difficult years.

- For Parents with children aged 11-18
- Online session



Call us to register on 028 3083 5764

[bolstercommunity.org](https://bolstercommunity.org)

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Southern Health  
and Social Care Trust