



Attention Parents

Are you parenting an adolescent with an

intellectual disability?

Join our 'Parents Plus Special Needs Programme' and meet other parents in a supportive group to help your adolescents reach their full potential.

Support your child to:

- Learn social skills and build friendships
- Deal with puberty and sexuality
- Gain confidence and self-esteem
- Be more independent

As a parent, learn how to:

- Personally cope and manage stress
- Deal with the challenges of adolescence
- Support the needs of your other children

Every Thursday morning from **6th of October to 24th of November** (break on the 3rd of November for one week) **9.30am - 12.30pm**

Finn Valley FRC, Drumboe Ave, Stranolar, F93ET28

For more information or to reserve your place, please contact:

Donna Jacob 086 021 8507

Claire O Kane 086 021 8658



ParentsPlus

Empowering Professionals to Support Families

Parents Plus is an Irish charity that develops practical, evidence-based parenting and mental health programmes. We train professionals working with children and families to deliver the programmes in communities and clinical settings. Our programmes support families to communicate effectively, build satisfying relationships and overcome emotional and behavioural problems.

www.parentsplus.ie