



FREE PARENTING WORKSHOP

Parenting through the Teenage Years

When: Wednesday 20th April 2022

Time: 6.30pm-8.30pm

Where: Zoom

This introductory workshop covers topics including:

- **Understanding your Teen**
- **Teen Development**
- **Why we worry**
- **Parenting Skills & Tips to Keep your Teen on Track**

How to apply:

Contact Leah on [086-7969726](tel:086-7969726) or leah.clarke@foroige.ie to book your place.

FREE **PARENTING** **COURSES**

Getting Ready for the Teenage Years

Date: Friday 29th April & Friday 6th May

(You must attend both sessions)

Time: 10am-12pm

on Zoom

'Getting Ready for the Teenage Years' gives parents ideas on how to set it up now so they have more good times to enjoy and less challenges to deal with during the teenage years.

The course is run over two evenings and covers topics including:

- **Understanding Teenagers and what they are coming up against**
- **Keeping things calm and in control to set you up for easier parenting as they push the boundaries and find their own identity**
- **Maintaining a good relationship and open communication which makes it more likely Teens will listen to their parents and take their advice**
- **Keeping Teens on track by using positive parenting and a discipline plan**
- **Building resilience so they are better able to cope with what life throws at them**
- **The importance of Parent Self Care to survive it all!**

How to apply:

Contact Leah at leah.clarke@foroige.ie or 086-7969726

FREE **PARENTING** **WORKSHOP**

Drugs and Alcohol: Talking about it with Children & Teens

Date: Wednesday 11th May

Time: 7pm-8pm

Where: Zoom

or

Date: Tuesday 24th May

Time: 10.30-11.30am

**Where: Foroige Office, 18 Kiltalown Way,
Jobstown, Tallaght**

- **Drugs and alcohol – What's out there today**
- **Why parents talking about drugs and alcohol with their children and teens is really important**
- **Communication skills that mean they are more likely to listen to what their parents have to say**

How to apply:

Contact Leah at leah.clarke@foroige.ie or 086-7969726

FREE PARENTING WORKSHOP



How to Build Self Esteem in Children and Teens

Date: Tuesday 24th May

Time: 10am-12pm

Venue: Foróige Office, 18 Kiltalown Way, Jobstown, Tallaght

This introductory workshop covers topics including:

- **What self-esteem is and why its good for children, teens & adults**
- **The signs of low self-esteem**
- **Practical things parents can do to build self-esteem in their children and teens.**

How to apply:

Contact Leah at leah.clarke@foroige.ie or 086-7969726