



## PARENTS PLUS

# Adolescent Programme

An evidence-based parenting course promoting effective communication and positive relationships in families with adolescents aged 11 to 16 years.

A 6 week course taking place every Wednesday  
from January 31st to 7<sup>th</sup> March 2018

It will take place in Monaghan County Childcare from 10am to  
12.30pm.

The course will be facilitated Jannette Pun and Carri-Ann Mc Kay

For more information or to reserve your place, please contact:  
Ellen in Parenting Monaghan 087 7702114 or [parentingmonaghan@gmail.com](mailto:parentingmonaghan@gmail.com)