

## 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



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