



## **PARENTING**

### **EDUCATION AND SUPPORT GROUP**

The group provides education and support to parents who are experiencing challenges with parenting adolescents who are in their care and dependent on them.

The format will combine education and open discussion with the psychologist/facilitator and other parent group members.

The topics will vary, but will be related to:

- Setting realistic and effective goals with skill, confidence and to lessen conflict with your child.
- Learning how your own behaviours influence the behaviours of your adolescent.
- Learning to identify the 'emotion triggers' of your adolescent.
- Learning specific communication strategies.
- Learning skills to regulate your own emotional responses.

**inner solutions**

**Group members commit to initially attending for 8 weeks in order to truly benefit from the material.**

**Cost:**

**\$549.00 for one  
\$350.00 for second  
parent to attend for  
8 weeks**

**Time:**

**Monday's  
5:00 – 7:00 PM**

**Check website  
calendar for next  
upcoming session**

### **Contact**

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