



SYDNEY COUNSELLING CENTRE

ABN: 54 056 809 806

Engaging Adolescents

Parenting skills for resolving teenage behaviour problems

The structure of this course provides parents with a model for working out **what behaviour needs to be ignored**, how to coach teenagers to **consider the consequences of their actions** and how to hold **difficult conversations** when agreements are breached. Strategies to assist and manage with cyber bullying will also be covered.

A practical 'how-to' guide for parents.

Engaging Adolescents – is run either as a three (two-hour) session parent education course or one-on-one within six clinical treatment sessions.

Please contact reception on 02 9415 2223 to discuss the Engaging Adolescents Program.