



Connecting with your Pre-teen

Watching your child change in the 'Tween' years
A 6 week course for parenting children aged 9 to 13 years

"Where did my
child go? And who
is the 'teenager' in
my home? I'm not
ready for the
changes!"



Topics covered will be:

- What are our kids dealing with at this stage?
- How to build and maintain a healthy relationship with your young person
- Preparing families for change – Puberty, Adolescence, High School
- Building a positive self-image in ourselves and our children
- Having the courage to say 'NO' – and live with the consequences!
- Communicating and working through problems – and still liking each other!

Venue Catherine McAuley School
Lot 2 Adams Road, Craigmore

Cost Nil

Duration 6 weeks

Time 10.00am to 12.00noon

Dates (all dates to be attended)

Session 1 – Wednesday 5 August 2009

Session 4 – Wednesday 26 August 2009

Session 2 – Wednesday 12 August 2009

Session 5 – Wednesday 2 September 2009

Session 3 – Wednesday 19 August 2009

Session 6 – Wednesday 9 September 2009

**For bookings, please contact Centacare on 8210 8200
or email your details to: registrations@centacare.org.au**