

Parenting Support Group

**An 8 week parent group to help and support you
with the challenges and questions you may face
while parenting your teen.**

Learn and share with parents and whānau who are facing similar issues, sparking ideas and hearing up to date knowledge and advice from facilitators who work in the mental health field with today's youth.

What To Expect:

- Covering topics such as: gender/sexuality diversity, drug and alcohol issues, brain development, anger, family harm, communication and attachment.
- Sharing of common experiences.
- Support from one another as well as facilitators.

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Starting On:

Monday 17th October

6.30 – 8pm,

for 8 weeks.

Odyssey House, 98 Greers
Road,

in the Barry Rich room.

*This will be a set group with a limited number of spaces available,
so make sure to get in quick and contact us with your interest.*