

# Toolbox Teenage Years



**iosis.**

Transforming family  
life for good

**A practical parenting course that gives coaching strategies to address the problems teenagers can encounter, and that will encourage you to enjoy this stage of your child's life.**

[www.iosis.org.nz](http://www.iosis.org.nz)

112C Russell Road, Manurewa, Auckland  
Phone 269 0050 [enquiries@iosis.org.nz](mailto:enquiries@iosis.org.nz)

## About Toolbox Teenage Years

The teenage years can be like riding a roller coaster. This course aims to take out a few of the nastier twists and turns on the track, and also to help you hold on and enjoy the ride.

## Course Content

- Session 1** Atmosphere
- Session 2** Boundaries
- Session 3** Communication
- Session 4** Discipline
- Session 5** Self-esteem
- Session 6** Future focus

## Length of Course

Once a week for 6 weeks.

## Cost

This course is free.

## Childcare

Childcare is not available.

## When

Term 2, 2025  
Tuesdays 12.30pm to 2.30pm  
Starts 21st May 2025  
Ends 25th June 2025

Sessions are held in the Family Learning Centre at Iosis, 112c Russell Road, Manurewa.