

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

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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 3, 2024
Tuesdays 12.30pm to 2.30pm
Starts 30 July 2024
Ends 3 September 2024

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