

A parenting course packed full of ideas, positive stories from parents still on the journey with their own tamariki and useful resources to help you build a great future for your whãnau.

www.iosis.oro

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# **About 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 The Foundation of Love

Session 2 Parents

Session 3 Stronger, deeper, closer

Session 4 Heart-led parenting Session 5 Loving Discipline

Session 6 Putting it all together

# **Length of Course**

Once a week for 6 weeks.

## Cost

This course is free.

## Childcare

Childcare is not available.

#### When

Term 2, 2020 Dates

Tuesdays: 12:30pm - 2:30pm

Starts: 5th May 2020 Ends: 9th June 2020

