

# Toolbox Parenting Group

Teenage Years (13-16)



**iosis**  
transforming  
family life for good

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 whānau.

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

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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 Love is the foundation
- Session 2 Parents
- Session 3 Stronger, deeper, closer
- Session 4 Heart-led parenting
- Session 5 Discipline without shouting, force or fluster
- 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 3, 2021 Dates  
Tuesdays: 12:30pm - 2:30pm

Starts: 3rd August 2021  
Ends: 7th September 2021

