

Parenting Support Classes

Topics / Skills covered will include **Connecting** with your Teenager, **Listening, Encouraging** Teenagers, **Managing conflict** and **Applying Consequences**

For information on the above course, please contact **Eilish on 091-565066** at the Diocesan Pastoral Centre.

This course is for ordinary parents from every walk of life. The purpose of the course is to give parents a chance to stand back from everything and, with the support of other parents, look at ways of improving communication with your children, disciplining them, etc.

Research has shown us that a home (a) where children are given a fair hearing, (b) where they are encouraged to participate in the work and life of the family and (c) where basic rules of right and wrong are fairly and consistently enforced produces confident and caring adults.

These are flexible, self-help courses for groups of 8–16 participants, who come together with a trained facilitator for a two-hour session each week for six or eight weeks.

These programmes, which are designed to provide support at all stages of the family life cycle, have been developed by Family Caring Trust and tested in various social settings.

*In his commitment to the pastoral care of families Bishop Martin Drennan is happy to continue to subsidise these initiatives. As such, the cost for an eight week programme is **€50 per individual or €75 per couple** with confidential waivers where necessary.*

