



WAYS will be conducting a free course of six 2 hr sessions conducted weekly on Monday nights. This is an educational program only, and not designed to deal with parenting of serious behavioral or clinical problems. The course will assist parents to manage and understand their children's behavior during adolescent years. Topic areas covered include:

- Adolescent Development
- At risk behavior: Alcohol and Other Drugs and Sex
- Setting Limits and Boundaries
- Mental Health issues and Resilience
- Effective Communication and Conflict Resolution

For more information and to register, contact Terri or Warren on **9365 2500**

Start Date: Monday 13th October 2008

Time: 6:00 PM - 8:00 PM

Location: 1/755 Anzac Parade, Maroubra

(Note: WAYS also provides Family Counselling, Parenting advice and individual support for adolescent mental health)