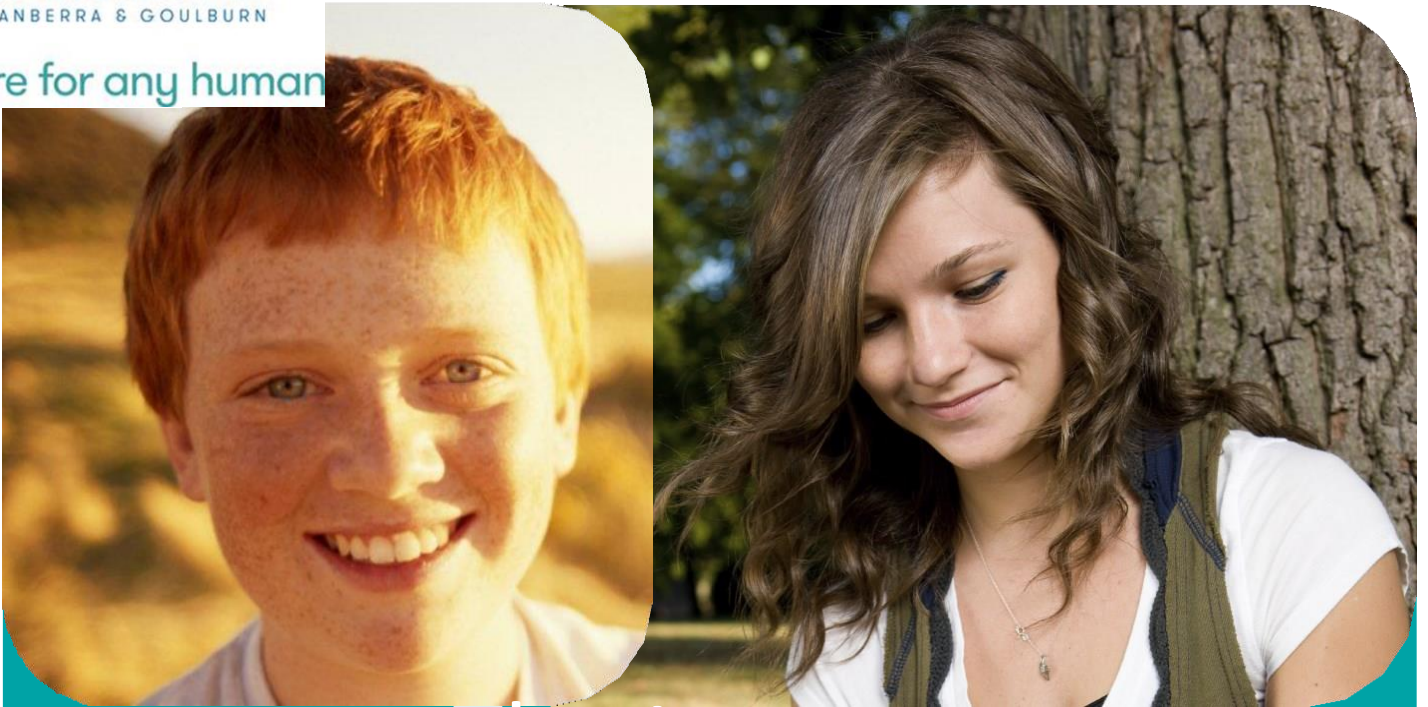




CatholicCare

CANBERRA & GOULBURN

There for any human



The Journey THROUGH ADOLESCENCE

The Program is called The Resourceful Adolescent Program for Parents (RAP – P). This program is suitable for parents and carers of children attending primary school years 5 & 6 and secondary school students attending years 7–12.

RAP – P will help you:

- Help your teenager to develop a healthy self-esteem
- Help your teenager to gain independence while still feeling safe and part of the family
- Manage your stress so you can do your best job as a parent
- Prevent and manage conflict with you teenager
- Promote harmony in your family

The course is offered 3 hours per week over a 3 week period.

DATES: Mondays 18th June, 25th June & 2nd July 2018

TIME: 6pm—9pm

VENUE: 57 Hicks Street, Red Hill

FEE: \$100 (Concessions available)

Fee includes light supper & course materials

Bookings Essential
Contact

1800 068 698