

Local Life Long Learning – Lyttelton harbour

Raising Teens – What they *Really* need

2009

4 two hour sessions

Mondays March 2nd, 9th, 16th and 23rd

6 – 8.15pm @ Lyttelton Recreation centre Committee room

Facilitator Helen Mann

Total cost \$40

Course content:

Each evening will run as a stand-alone interactive session and will focus on an aspect of raising adolescents. Topics will cover:

(i) Effective communication

- understanding adolescent development
- active listening
- recognizing and avoiding 'blockers'

(ii) Limits, boundaries & consequences

- why boundaries are vital to healthy adolescent development
- how to put simple, age-appropriate limits in place
- how to follow through with appropriate discipline when limits area breached

(iii) Conflict and Anger

- appropriate responses to strongly expressed feelings
- understanding and avoiding "hooks"
- strategies for working through hot spots and skirmishes

(iv) Dealing with Tough Stuff

- alcohol and other drugs
- sexuality
- strategies for tough times

"Born in Lyttelton in 1958, Helen Mann has worked for over twelve years in the Christchurch community, running programmes and seminars for parents and professionals on parenting and communication issues. She is particularly interested in adolescent development and her managerial role at GAIN Canterbury sees her working regularly with groups of parents and teens with the 'GAIN Family Programme'.

Enrolment confirmed on receipt of payment please enrol by 20th February 2009
Maximum of 30 participants.

Supper will be provided by Project Lyttelton – Education

Please enrol via the Project Lyttelton Website <http://www.lyttelton.net.nz/>

or phone or email Sue-Ellen Sandilands - Project Lyttelton office at office@lyttelton.net.nz or Phone 328-9243

10/01/2009