Attention Parents

Are you parenting an adolescent with a learning disability?

Join our **Parents Plus 'Special Needs Programme'** and meet other parents in a supportive group to help your adolescents reach their full potential.

Support your child to:

- → Learn social skills and build friendships
- \rightarrow Deal with puberty and sexuality
- \rightarrow Gain confidence and self-esteem
- → Be more independent

As a parent, learn how to:

- → Personally cope and manage stress
- → Deal with the challenges of adolescence
- → Support the needs of your other children
- → Manage challenging behaviour

Time/Date:Tues 10th Sept-Tues 22nd Oct, 10am-12.30pm x 7 weeksLocation:Newry Teachers Centre, Downshire Rd, Newry, BT34 1EE

For more information please & to secure a referral form please contact: John Flett, GP MDT Team Newry 07503937693

John.Flett@southerntrust.hscni.net

or

Parenting Partnership

ParentsPlus Empowering Professionals to Support Families

07880474747

parenting.partnership@southerntrust.hscni.net

Parents Plus is an Irish charity that develops practical, evidence-based parenting and mental health programmes. We train professionals working with children and families to deliver the programmes in communities and clinical settings. Our programmes support families to communicate effectively, build satisfying relationships and overcome emotional and behavioural problems.

www.parentsplus.ie