



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
- Deal with puberty and sexuality
- 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 weeks

Location: 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

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or

Parenting Partnership

07880474747

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