Adolescent Programme

Do you want to help your child grow into a confident, well adjusted adult and reach their potential?

Join our free six week evening Parents Plus 'Adolescent Programme' age 11+ and meet other parents in a supportive group to make this a reality.

Support your adolescent to:

- ➔ Make responsible choices
- ➔ Communicate positively
- ➔ Achieve their goals
- ➔ Have a better relationship with each other

As a parent, learn how to:

- ➔ Improve communication with your teenager
- ➔ Find solutions to problems together
- ➔ Teach your teenager responsibility
- ➔ Establishing rules with teenagers
- ➔ Empowering and connecting with teenagers

Date: 14th April – 19th May 2026 (Tuesday evenings for 6 weeks)
Time: 7-9pm
Venue: Online via Zoom

Click on www.parentingcavan.ie scroll down to programmes and submit an enquiry form to reserve a place or email parentingcavan@ccld.ie .