

**I'm a parent get me out of here!**  
**A 6 week course for parents with children who are 11 and older.**

**Dates**

The course is a closed group and will run on a Thursday for 6 consecutive weeks starting on Thursday 14<sup>th</sup> September until Thursday 19<sup>th</sup> October 2017.

**Time**

12:30 pm – 2pm

**Location**

The Counselling and Family Centre, 40 Mayors Road, Altrincham, Cheshire, WA15 9RP

**Trainer**

Sarah Pipping

Children and Young Persons Counsellor at The Counselling & Family Centre with more than 10 years' experience of working with Children and Young people. MBACP counsellor, qualified for 5 years.

**Who is the course for?**

This is a skills based course is for anyone who is a parent or carer with a child or children who are 11 years old and older.

**Aims of course**

Teenage years can be challenging. Parents want to have a good relationship with their teenager and equip them with life skills, but this is not always what teenagers want. This can cause conflict and arguments sometimes at every turn, and it is perfectly normal. You are not alone. But it doesn't always have to be this way.

Following completion of this course you will:

- Have an understanding of where your child is developmentally
- Begin to develop respectful communication skills
- Learn skills to apply in any situation
- Learn the importance of self-care
- Develop a network of support around you from fellow parents.

**COST: £10 for the course – free if on means-tested benefits**

For further information or to book the course please call: 0161 941 7754 or email: [training@thecfc.org.uk](mailto:training@thecfc.org.uk)