Attention Parents

Empowering Professionals to Support Families

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
Dates:	Tuesday 3 rd Oct 2023 x 7 weeks	
Time/Location:	10am-12.30pm	
Location:	Newry Teachers Centre, Downshire Rd, Newry, BT34 1EE	
For more information please contact:		
John Flett	GP MDT Team Newry	07503937693
		John.Flett@southerntrust.hscni.net
Lorraine O'Neill	Parenting Partnershi	p 07880474747
		Lorraine.ONeill@southerntrust.hscni.net
Parent	par woi	ents Plus is an Irish charity that develops practical, evidence-based enting and mental health programmes. We train professionals 'king with children and families to deliver the programmes in nmunities and clinical settings. Our programmes support families to nmunicate effectively, build satisfying relationships and overcome otional and behavioural problems.

www.parentsplus.ie