



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

Dates: Tuesday 3rd Oct 2023 x 7 weeks
Time/Location: 10am-12.30pm
Location: Newry Teachers Centre, Downshire Rd, Newry, BT34 1EE

For more information please contact:

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