



# PACE

## Parenting Adolescents a Creative Experience

Increase your confidence, optimism & satisfaction in parenting!  
6 week parenting teenagers program.

Learn new strategies  
Improve relationships

Meet with others  
Exchange ideas

**Topics covered include:**

- Assertive Communication
- Stress & Self Care
- Resolving Conflict
- Increased Understanding
- Adolescent Development

**When:** Thursday 11<sup>th</sup> February 2016 (6 weeks)

**Where:** Upper Coomera Centre  
90 Reserve Rd, Upper Coomera

**Time:** 12.00pm – 2.30pm

**Cost:** Only \$15 for entire program

**Contact:** To book your place  
call 07 5527 7211

[www.centacarebrisbane.net.au](http://www.centacarebrisbane.net.au)

