



FREE ADOLESCENT PARENTING COURSE Parents Plus Adolescent Programme

An evidence-based parenting course promoting effective communication and positive relationships in families with adolescents aged 11 to 16 years.

This is a 6 week evening course taking place every Tuesday from 26th February to 2nd April 7pm to 9pm.

Venue: Mounttown Community Facility, Mounttown, Dun Laoghaire from 7pm to 9pm.

The course will be facilitated by Aisling White and Aine Mahon
HSE Dun Laoghaire Primary Care Psychology.

For more Information or to express your interest in a place, please contact: **Ruth Kilgallon: 01 236 5257 ruth.kilgallon@hse.ie**



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive