

Are you parenting an adolescent with an intellectual 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

Online via zoom from Tuesday 16th February to Tuesday 2nd March

Online (until lockdown finishes) from 18.30pm to 20.30pm.

For more information or to reserve your place, please contact:

Jacqueline McKenna & Sharianne Creber - 02896 208284



Parents Plus is an Irish charity that develops practical, evidence-based parenting and mental health programmes. We train professionals working with children and families to deliver the programmes in communities and clinical settings. Our programmes support families to communicate effectively, build satisfying relationships and overcome emotional and behavioural problems.

www.parentsplus.ie