



**Parenting an adolescent  
can be challenge. Is  
maintaining a good  
relationship with your  
teenager a struggle at  
times?**

Would you like some help? Would you like to meet other parents in similar situations?  
If so, what about coming along to: Making the Most of Teenagers Programme?

**What is a Parenting Programme?**

**MMOT** is a tried and tested, seven week programme available. Each session is 2 hours long, informal and covers topics including:

- Improving communications
- Handling emotions and coping with stress
- Understanding the changing needs and insecurities associated with adolescence
- Negotiating boundaries
- Building self-esteem
- Knowing and accepting each day is different

Some comments from parents who recently completed the program:

*'Lots of little gems which will stay with me forever, I feel I have learnt some very valuable skills'*

*'Simple but effective tools – I think every parent needs to do this course!'*

*'Made me realise many of us are in a similar situation and with similar difficulties'*

*'I feel as though I've made some progress, feel more ready to face the future'*

South Wilts Grammar School is supporting the programme by providing a meeting space, however there will be a fee of £80. The program will start mid-January 7pm -9pm. For the first time it is also open to non SWGS parents. Only 16 places available on a first come, first served basis.

Please indicate your intention to attend by completing the tear off slip

Name/s .....

Preferred evening Monday, Wednesday, Thursday.

Email ..... Mobile .....

Please email [Lindac@iburst.co.uk](mailto:Lindac@iburst.co.uk) or Mrs J Passam at South Wilts Grammar School, Stratford Road, Salisbury SP1 3JJ or [PastoralSupport@swgs.wilts.sch.uk](mailto:PastoralSupport@swgs.wilts.sch.uk) by Thursday 17<sup>th</sup> December 2015.