



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

An eight week parenting course for parents of 9-16yr olds

Family Communications & Self Esteem (FCSE) Co Wexford

Dates: Tuesday nights, Starting 14th October 2014 – Finishing 2nd December 2014

Time: 7.00pm - 9.30pm

Venues: Wexford: Coolcotts Community Centre, (Coolcotts, Wexford - Beside the S.I.P.T.U. building)

Gorey: Gorey Health Centre, (Hospital Grounds, Gorey)

Aim: To support parents in building good relationships with their children

How can this course help parents?

- Helps parents look at how they communicate with their children and each other.
- Supports parents in the good job they are already doing.
- Provides parents with an opportunity to talk with other parents.

Good relationships can help prevent problems such as the misuse of drugs and alcohol

To get the best benefit it is necessary to attend all 8 weeks

Cost: This course is delivered free of charge

Topics covered include:

Communication

Conflict resolution

Self-esteem

Peer pressure

Problem solving

Drugs and Alcohol

Enquiries to:

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Closing date Monday 29th September 2014 at 5pm