



## Attention Parents

# 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 16<sup>th</sup> February** to **Tuesday 2<sup>nd</sup> 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**