



“I’VE A TEENAGER.....

.....Get me Outta Here!”

Why can living with a teenager be tricky at times?

What do **I** need to know? What do **they** need to know?

Teens and Tantrums?.....and that's just the parents!

Why not come to free on-line sessions?

You will get:

- Useful Information, skills and resources
- Chat with others who care for teens
- A recognised certificate from OCNNI

Choice of dates and times:

EITHER: 17th and 24th January 10am to 12.30pm

Or

17th and 24th January 6.15pm to 8.45pm

Info and laughs guaranteed!

Contact Linda Allen on **07971065641** or

linda@acet-ni.com to book a place or for further information

