



Living with Your Adolescent: Strategies to Empower Parents of Adolescents (Workshops for Parents)

Janet Cotter, Trevor Overton

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LIVING WITH YOUR ADOLESCENT is one parenting workshop all parents could sign up to! The resource provides a detailed one-off workshop to be used with parents and carers of youngsters aged about 9 to 16 years; there are photocopiable resources to be used in the workshop and a PowerPoint presentation on an accompanying CD. Finally a booklet for parents can be bought to give out to parents at the end of the workshop. All the materials are reassuring, practical and accessible, and have a serious theoretical basis.

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