

# Understanding Child and Teenage Behaviour



## Parent Groups

Psychological Service invites parents to join them on Tuesday evenings 23, 30 April, 7, 14 and 21 May 2013 at:

Carolside Primary School  
Ashfield Road  
Clarkston  
G76 7TX

7.00pm to 9.00pm

## General Information

The groups are held annually in a school within East Renfrewshire one evening per week for five weeks.

Parents or carers can attend. The groups all run at the same time, so it is important to get the right age group for you. If you have children within the three areas mentioned then consider the "Primary Group" as this can help to some degree with the early teens.

Unfortunately we are unable to provide crèche facilities.

To book your place in one of our groups you can phone Psychological Services on 0141 577 8510, or you can email Psychological Service at [ps@eastrenfrewshire.gov.uk](mailto:ps@eastrenfrewshire.gov.uk) or complete and return tear off slip sending it to Psychological Service, East Renfrewshire Council, 211 Main Street, Barrhead G78 1SY

You will be contacted **ONLY** if a place is **NOT** available for you in a group, otherwise we'll see you on the night.

The groups are free although if you want to take the book home there will be a charge of £6.50.

On the final evening you will be asked to complete an evaluation which will help us to improve the groups we run for parents.

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## How do the groups work?

The groups help parents to understand and improve their skills, change family power structures and develop more productive relationships within the family.

## Where does the materials for the groups come from?

The materials, designed to provide support at all stages of the family life cycle, have been developed by Family Caring Trust and tested in various social settings. The situations presented in the books and DVDs come out of a variety of different social and ethnic backgrounds. Authors are the husband and wife team, Michael and Terri Quinn, whose books have sold over two million copies worldwide. For further information, including evaluations, value base, etc, consult their website at [www.familycaring.co.uk](http://www.familycaring.co.uk)

## Which group should I attend?

The groups follow the same themes and cover roughly the same topics.

However, you may want to consider the age and stage of your child/children when deciding which group to attend.

**Preschool** - Nothing to six years

**Primary** - Six to twelve years

**Teenage** - Thirteen plus

# What parents have said about the groups in the past

*"Found the course quite thought provoking. You definitely realise you are not alone."*

*"This has been exactly what I've needed. I have found solutions to our family dramas! Thanks so much."*

*"This course was invaluable to me. My family life has benefited immensely. Life is so much calmer!"*



## Understanding Child and Teenage Behaviour

### Application Form

I would like to attend Understanding Child and Teenage Behaviour groups being held in Carolside Primary School on Tuesday 23, 30 April, 7, 14 and 21 May 2013.

My preferred choice of Workshop is:

Pre-School

Primary

Teenage

Please number your preferences 1 to 3, with 1 being first choice. In most instances you will receive your first choice, if this is not possible you will be notified.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

I received this leaflet from (Name of School) ...

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