



PARENTS PLUS Adolescent Programme

An evidence-based parenting course promoting effective communication and positive relationships in families with adolescents aged 11 to 16 years.

An 8 week parenting course taking place once a week on
8th February to 5th April

In FORTLAWN COMMUNITY FACILITY @ 7 PM – 9:30 PM

The course will be facilitated by :
Nuala Kane: Blanchardstown Area Partnership: 0860473991
Aoife Simons :Foróige: 0860497387

Contact us if you need more information



Parents Plus is an Irish charity that develops practical, evidence-based parenting and mental health programmes. We train professionals working with children and families to deliver the programmes in communities and clinical settings. Our programmes support families to communicate effectively, build satisfying relationships and overcome emotional and behavioural problems.

www.parentsplus.ie