



# COPE

## - An education program for parents of teens

Are you a parent of a teen and feel you need support? COPE is an education that helps you find new tools. You get to meet other adults who have similar experiences of being a parent to a teenager.

### **Teenagers are different**

Some teenagers adapt easily to their environment. Others are more difficult to understand and can make parenthood challenging. It is as if they do not listen or care. It often ends with nagging, brawls and dissatisfaction that affects the whole family. It could be difficult to know what to do as a parent.

### **Do you recognize yourself?**

You are welcome to participate in a training program for parents of teens. We will provide you with different tools how to better understand and manage your teenager's behavior.

### **Start**

We begin Wednesday March 8<sup>th</sup> at 6.30pm – 9.00pm.

Thereafter we continue on 7 occasions on Wednesdays between 6.30pm – 8.30pm.

A break for Easter week, April 10<sup>th</sup> – 14<sup>th</sup>.

Last meeting is May 3<sup>rd</sup>.

If you have further questions, don't hesitate to call.

### **Course instructor**

Lisbeth Anbakk, familjebehandlare, Stenhagens familjeenhet, 018-727 53 06

Rode Nyman, hemterapeut, Familjestödsgruppen, 018-727 76 94

**Room:** Stenhagens familjeenhet, Von Bahrs väg 3 – entrance 3A.

**Sign-Up via email** (or by phone) to: [lisbeth.anbakk@uppsala.se](mailto:lisbeth.anbakk@uppsala.se)

or call 018-727 53 06.

### **Welcome.**

Read more about Råd & stöds verksamheter at [www.radostod.uppsala.se](http://www.radostod.uppsala.se)