

## About our Turkish Speaking Course Facilitator Senem Eren

Senem Eren B.Sci, PGrad.Dip (Psyc), CertIV (Life Coaching) is a provisional Psychologist who is passionate about empowering people to build on their unique strengths and experience their life with purpose.

She is currently in the final stages of completing her PhD at Melbourne University, examining the emotional responses of children who have experienced a head injury.

As a public speaker and trainer, she has experience delivering numerous seminars and workshops in both Melbourne and Turkey.



## About Psychologist & Group Therapist Monique Toohey

Monique Toohey B.S.Sc (Family Studies); M.Psych (Child & Family) (Completing); CertIV Workplace Training & Assessment; AssocMAPS is a Registered Psychologist.

For the past 11 years, she has worked as an Educational Psychologist in Islamic Schools and has held Consultant roles in a range of not-for-profit community organisations.

She has extensive training & public speaking experience and her training style is described as highly interactive, informative, creative & fun. Monique loves working with parents and young people to bring out their potential and she is a mother of 2.



## Towards 'Better Parenting' of ADOLESCENTS.

Course Location: Nasihah Consulting

Suite 13/ 11-17 Pearcedale Pde, Broadmeadows, VIC 3047.

Ph: 9351-1166; Fax: 9351-1165

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**Nasihah  
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Psychological Services  
Project Management  
Creative Resources



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Northern Psychology Clinic

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Project Management  
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# 'Better Parenting of Adolescents' is a short course about:

Spending some quality time to reflect on your journey as a parent thus far.

Motherhood is the most important of all the professions, requiring more knowledge than any other role in human affairs, yet no formal learning was given in preparation for this role.

There is no such thing as the 'perfect' parent, but there is definitely a lot of research and the collective wisdom of thousands of parents that points us in a direction of 'better parenting'.

Our program works with parents to build confidence in parenting their children when they go through Adolescence.

## The most influential position in the world is that of a Parent.

### **GREAT QUOTES FOR PARENTS**

*"A Woman knows what man has long forgotten, that the ultimate economic and spiritual unit of any civilization is the family"*

*"Making a decision to have a child is momentous. It is to decide that forever that your heart will live outside of your body"*

*"Children need love, especially when they do not deserve it"*

*"How come mothers only have 2 hands?"*

*"Men are what their mothers made them"*

*Respect "Your mother, your mother, your mother!"*

*"Biology is the least of what makes someone a mother"*

*"A mother understands what a child does not say"*

### **What might I get out of attending?**

1. Enhance your relationship with your Teen & Identify how to make your family flourish
2. Understanding Adolescence (Gen Y / Puberty / Friends / Cyber-safety / Study)
3. Understand what your parents taught you about parenting
4. Understand how you and your marriage shapes your child's character
6. Understand how to implement Boundaries (limits) with yourself & your teens to teach responsibility
7. Overcome emotional hurdles & foster resilience in your teen.

So if you are a busy woman who goes from being a mum to nurse/ taxi driver / chef / cleaner/ counsellor all in a normal day's work, and you want to squeeze in some time for you to socialize and learn about Raising Teens then you are perfect for our short course Better Parenting of Adolescents.

In a supportive environment, share some handy tips with other mums, talk about the joys and challenges of parenting Muslim teens.

### **BOOK YOUR PLACE IN OUR NEXT COURSE**

Next Course Dates: (9.30am - 11.30am)

20<sup>th</sup> April & 27<sup>th</sup> April; 4<sup>th</sup> May & 11<sup>th</sup> May.

Turkish Course Dates (9.30am - 11.30am)

28<sup>th</sup> May, 4<sup>th</sup>, 11<sup>th</sup> & 18<sup>th</sup> June.

COST: \$50 / session - Medicare rebate may apply please enquire with our staff on

Ph: 9351-1166.

Course location: Nasihah Consulting Training Room