

## Parents Plus Adolescent Programme - Application Form Spring [2026]

[Facilitated by Cork City Partnership, Colaiste Eamann Ris & Presentation School Ballyphehane]

<p><b>The Parents Plus Adolescent Programme</b></p> <p>is a 9-session group programme for parents of adolescents. The programme is an evidence based Irish parenting course promoting effective communication and positive relationships in families with adolescents aged 11 to 16 years.</p> 	<p><b>Weekly Topics include:</b></p> <ul style="list-style-type: none"><li>• Getting to know and connecting with your teenager.</li><li>• Communicating positively and effectively.</li><li>• Building your teenager's self-esteem and confidence.</li><li>• Negotiating rules and boundaries.</li><li>• Teaching teenagers' responsibility.</li><li>• Positive discipline for teenagers.</li><li>• Managing conflict.</li><li>• Solving problems together.</li></ul>
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**Name:**

**Mobile:**

**Email:**

**How do you think the Parents Plus Adolescent Programme will be of benefit to you?**

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**How did you hear about the course?**

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**Details of child / children / foster children.**

Please include details of your children, their ages & name/s (if you wish):

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**70 % attendance is encouraged to obtain a certificate of participation**

Will you undertake to attend the entire course? Yes  No

**Signature:**

**Date:** / /2026

**Please return completed application form to: Jacqueline Daly**  
**Email: jdaly@partnershipcork.ie Tel: Jackie 087-1962030**



**ParentsPlus**