

The NSW Committee on Adoption with Anglicare, Barnardos, Centacare, the Department of Community Services and the Post Adoption Resource Centre would like to invite you to a



Wine and Cheese Night for Adoptive Parents



When:	Wednesday 24th September 2008
Venue:	RAPS Relationships Australia Suit 102 Level 1, 18-20 Ross Street, North Parramatta
Time:	7.00pm - 9.30pm
Cost:	\$15 including refreshments, payable at the door
Presenter:	Lyndal Power, RAPS Adolescent Family Therapy and Mediation Service

- ◆ The meeting is an opportunity for **adoptive parents of adolescents or children approaching adolescence** to mingle and share experiences, and explore the role of parenting adoptees through the adolescent years.
- ◆ There will be an **hour long presentation** conducted by RAPS clinical coordinator Lyndal Power followed by **facilitated discussion groups**.
- ◆ Wine, cheese and some other refreshments will be provided throughout the evening.

Presentation: Adolescents Reaching Adulthood

- Every parent wants their adolescent to come through the teenage years and be on track in their life as a young adult.
- This seminar provides a framework for parents' role in helping their adolescents to reach adulthood successfully.
- Two dimensions will be explored; the importance of the parent- adolescent relationship and the importance of parents setting limits.
- How do we support parents to gain a balance between these two dimensions?
- Attention will be given to attachment issues and also adolescents' challenging behaviours.

Lyndal Power has worked with adolescents and their families over more than 18 years. She teaches family therapy in the Graduate Diploma of Systemic Therapy (Australian Institute for Relationships Studies) and provides live supervision in the family therapy practicum, UNSW masters program. She is a clinical co-ordinator at RAPS Adolescent Family Therapy and Mediation Service, a program of Relationships Australia. RAPS provides assistance to families with adolescents where there are serious problems such as: severe conflict, suicidality, running away, violence, truancy, juvenile crime and substance abuse.

Please RSVP to PARC by the 12th of September, 2008 by phoning 02 9365 3444, or emailing parc@bensoc.org.au. Please phone if you require further information.