

AMP

IT UP!

Delivered by **SEDA**

PROUDLY
SUPPORTED BY



AMP IT UP AT
OUR SOCCER

HOLIDAY PROGRAM!

EARLY BIRD SPECIAL†

†**65** PER DAY
9AM-3PM

†SEE WEBSITE FOR DETAILS



AMP IT UP 1 OR 2 DAY SOCCER HOLIDAY PROGRAMS ARE DESIGNED TO PROVIDE 5-12 YEAR OLDS WITH THE OPPORTUNITY TO DEVELOP THEIR SOCCER SKILLS AND BE ACTIVE WHILE MAKING NEW FRIENDS IN A SAFE AND FRIENDLY ENVIRONMENT.

YOUR NEAREST PROGRAM

THURSDAY 24TH SEPTEMBER &
FRIDAY 25TH SEPTEMBER
BALLAM PARK
CRANBOURNE RD, FRANKSTON

REGISTER AT
AMPITUPEVENTS.COM.AU
OR CALL 1300 126 787

CHECK OUT OUR WEBSITE FOR MORE HOLIDAY PROGRAMS!

LIVING WITH TEENS!



FREE PROGRAM

ARE YOU A PARENT OF A YOUNG
PERSON AGE 12 – 18 YEARS?

Join us in a 5 week program to chat about the
challenges (and fun) of raising a teen,
share ideas, strategies and solutions:

- | | |
|-------------------------------------------------|---------------------------------------------------|
| <input type="checkbox"/> Teen brain development | <input type="checkbox"/> Talking with your teen |
| <input type="checkbox"/> Rules and boundaries | <input type="checkbox"/> Social media issues |
| <input type="checkbox"/> Drugs and alcohol | <input type="checkbox"/> Conflict & relationships |

DATE: Thursdays, 22, 29 Oct and 5, 12, 19 Nov 2015

TIME: 6.30 – 8.30 pm

VENUE: Frankston North Community Centre

26 Mahogany Avenue, Frankston North

COST: Free Bookings are essential

Chat about topics
of *your* choice in a
safe, supportive
place

Get information
about support for
you or your teen

Receive a
Certificate of
Participation

Light supper
provided

TO BOOK or for more
information, contact
Barbara on
9781 6787 or
0458 750 754



TEENS and SOCIAL MEDIA



FREE WORKSHOP

ARE YOU A PARENT OF A YOUNG PERSON AGE 12 – 18 YEARS?

Join us in a workshop for parents and carers to share parenting ideas, tips and solutions to support you and your teen in dealing with social media issues.

DATE: Wednesday, 21 October 2015

TIME: 6.30 – 8.30 pm

VENUE: Mornington Library

Community Room

Vancouver Street, Mornington

COST: Free Bookings are essential

Chat about your
concerns in a
safe, supportive
place

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Parents Building Solutions

TEENS and SOCIAL MEDIA



FREE WORKSHOP

ARE YOU A PARENT OF A YOUNG
PERSON AGE 12 – 18 YEARS?

Join us in a workshop for parents and carers to share parenting ideas, tips and solutions to support you and your teen in dealing with social media issues.

- DATE:** Tuesday, 8 September 2015
- TIME:** 6.30 – 8.30 pm
- VENUE:** John Paul College – Staff Room
161 McMahon's Road, Frankston
- COST:** Free Bookings are essential

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