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**Invitation to ICDP parent and guardian group, spring 2021**

We would like to invite parents and guardians of 8th grade students at Frøya middle school (ungdomsskolen) to an ICDP parent group. This offer is for those of you who are wondering how they can develop a good contact with their child/teenager.

This program will be based in the 8 ways to achieve a good dialogue with your child, click on this link to find more information: [Click on this link for more information](https://www.bufdir.no/Familie/veiledning_til_foreldre/Smabarnsforeldre/Bedre_samspill_med_barna___gruppeveiledning_ICDP/)

In this group we are focused on meeting other parents and sharing experiences, as well as discussing successes and challenges we meet every day. There is no one solution, but together we will discuss strategies for you and your children.

This group is for those of you who:

* Are curious about how you can develop an even better relationship to your teenage child
* Is interested in how you can support and help our teenage child to develop in a positive way
* Wants to meet other parents who face challenges in terms of parent-child relationships
* Would like to share their thoughts and ideas with other parents

**The course is free. Refreshments will be served.**

**The meetings are scheduled over the course of 8 evenings. There are 10 spots.**

**Every Wednesday from 07.04.21** up til and including 26.05.21

Time: 17.30-19.00

**Location: Frøya ungdomsskole**

**Sign up within 29.03.21** by clicking on the link: [Click here to sign up](https://docs.google.com/forms/d/e/1FAIpQLSc2u6OV5LL9jqu64GuKCZJUeoYPDBmAqgff_QwVn3P9lHfGzQ/viewform?vc=0&c=0&w=1&flr=0)