

Does your Teenager push your buttons?

Do you want to learn new ways of addressing their behavior?

Mums and Dads are invited to register for a Parenting Teenagers workshop

The workshop is 2 x 3 hour sessions over 2 weeks and it is free

WHEN

Day time sessions:

March 2 nd + 9 th	10:30 – 1:30
April 20 th + 27 th	10:30 – 1:30
May 25 th + June 1 st	10:30 – 1:30

morning tea provided

Evening sessions:

March 17 th + 24 th	5:30 – 8:30
May 5 th + 12 th	5:30 – 8:30
June 9 th + 16 th	5:30 – 8:30

pizza provided

The workshop will enable you to:

- Understand more about and build a relationship with your teenager
- Become more confident in handling the challenges of parenting teenagers
- Understand your current parenting style
- Understand some common errors in parenting teenagers
- Learn how to identify what behaviours to follow up and what to let go
- Learn how to engage your teenager in important conversations
- Help your teenager reach their full potential
- Find a balance between boundaries and freedom

WHERE

Family Relationship Centre
cnr of Bay Road and Helen Street Mount Gambier

to register contact the
Family Relationship Centre

COST

Free

8721 3500



1 Helen Street , Mount Gambier

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