

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 | March 23rd + 30th | 5:30 – 8:30 |
| | June 22nd + 29th | 5:30 – 8:30 |
| | September 14th + 21st | 5:30 – 8:30 |
| | November 9th + 16th | 5:30—8:30 |

pizza provided

WHERE ac.care, White Ave Mt Gambier

ENQUIRIES Family Relationship Centre, 87213500

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



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