

Parenting Teens

Mandurah



Parenting an adolescent can be a challenging and stressful time. It has often been said that there is only one thing more difficult than being a teenager, and that's being the parent of one! During this workshop you will be inspired with ideas on how to improve your relationship with your teenager by:

- Learning about the importance of staying connected with your teens
- Exploring your changing role as a parent during the teen years
- Developing a greater understanding of the teenage brain
- Learning about the developmental stages that your children go through during the teenage years
- Connecting with other parents of teenagers and sharing your challenges and wisdom.

When: Tuesday 11th October

Time: 9.30am – 12noon

Where: Lotteries House – 7 Anzac Place, Mandurah

Cost: \$30 per person/\$50 per couple (\$15/\$25 concession)

To book online, please scan the QR code.
For more information about our courses and workshops please call 6164 0588, email Mandurah.Education@relationshipsWA.org.au or visit www.relationshipswa.org.au



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