



## **Parenting Teens**

**For parents of children aged 10+**

Parenting an adolescent can be a challenging and stressful time. This workshop will to understand your teen and inspire you with ideas about how to improve your relationship with your teenager by:

- Learning about how to stay 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 teens go through
- Connecting with other parents of teenagers and sharing your challenges and wisdom

**Tuesday 8 December – 9.30am to 12 noon**

**Lotteries House, 7 Anzac Place, Mandurah**

**\$30 per person - \$50 per couple (\$15/\$25 for concession card holders)**

**Places are limited, so book now on 6164 0588 or  
Email: [Mandurah.Education@relationshipswa.org.au](mailto:Mandurah.Education@relationshipswa.org.au)**