

Parent-Teen Connection

Are you going through difficult times with your teenage child? Struggling to understand their moods and behaviour?

Adolescence has always been a challenging, somewhat frustrating period of life's journey. Living with teenagers can be confusing and even worrying. Once seen as a time for parents to step back, adolescence is increasingly viewed as an opportunity to stay tuned in and emotionally connected.

This 4 session course will explore:

- The massive changes in your teen's brain development and how this impacts on their behaviour
- The emotional challenges that occur during adolescence
- Effective strategies that can strengthen the connection between you and your teen
- How to provide fair guidance to help your teen learn to manage their lives
- Setting boundaries and limits in ways that encourage responsibility.

Where: WEST LEEDERVILLE - Level 1, 22 Southport Street
When: Thursdays 11 18 25 November 2 December 2021
Time: 6.30pm to 9.00pm
Cost: \$50 per person

Bookings are required. Please phone 6164 0200 to enrol.

For more information about our courses and workshops, please click [here](#) or visit www.relationshipswa.org.au