

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, 2 December 2025

Time: 6.00pm to 8.30pm

Where: Mandurah 7 Anzac Place (Lotteries House)

Cost: \$30 per person / \$15 concession



For information about our courses and workshops please call 6164 0200 or visit www.relationshipswa.org.au

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