

# Parenting Teens

## Online via Zoom



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 23 June 2026

**Time:** 6.15 pm to 9 pm AWST

**Where:** Online via Zoom

**Cost:** \$30 per person, \$15 concession

Online sessions are interactive and have minimum requirements



For information about our courses and workshops please call 6164 0200 or visit [www.relationshipswa.org.au](http://www.relationshipswa.org.au)

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