

Parenting Teens

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.

Where:	Online - Zoom
When:	Monday 22 March 2021
Time:	6.30pm - 9pm AWST
Cost:	\$30 per person

Bookings are required. Please phone (08) 6164 0200 to enrol

Online sessions are interactive and have minimum requirements including:

- Computer/Laptop/Tablet with webcam and microphone
- Private space to attend
- Pre-registration and payment required prior to course

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