



Talking Teens

**A Parents Building Solutions Program
For Parents of Teenagers aged 13 to 18 years**

Do you want to:

- Improve your relationship with your teenager?
- Improve communication with your teen and resolve family disputes?
- Understand why young people behave the way they do?
- Learn effective ways to deal with anger and anxiety - both yours and theirs

Join us online to learn strategies and take some time out for you.

When: Monday evenings (6 sessions)
Mon 9th May to Mon 20th June 2022
Excludes Queens birthday public holiday

Time: 7.00 pm - 9:00 pm

Where: Online via Zoom

Cost: Free of charge

Registrations:

<https://forms.office.com/r/GBeWc9UUd9>

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PARENTZONE