



Inside Their Heads – Understanding Teenagers

This course is for families experiencing separation

A FREE workshop for Parents and Carers. Come along and learn about:

What's happening for today's teens

The task of adolescence

Adolescent brain development

Setting boundaries

Communication that encourages two-way respect and understanding

Time: 1:00pm – 3:00pm
Date: Thursday 04 February 2021

Venue: Centacare Level 2
45 Wakefield Street,
Adelaide 5000



Please note childcare facilities are not available and children cannot be present at this course

**Bookings essential. Please contact Centacare on 8215 6700 or email your details to:
registrations@centacare.org.au**

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www.centacare.org.au