



Parenting Adolescents Online Group

This 6-week program offers an opportunity to reflect on parenting and adolescents, and how you can support your child in having the experiences you hope for as they grow. It is suitable for parents and carers of children aged 10 to 17 years.

The Bringing Up Great Kids Parenting Adolescents program supports you as a parent or carer to:

- explore your parenting style.
- learn more about brain development during the adolescent period and its influence on the adolescents thoughts, feelings and behaviour.
- explore new ways of communicating with your adolescents.
- discover ways to take care of yourself, practice self-compassion and how to find support when needed.

Eligibility: Participants must live in the City of Casey, Cardinia Shire, or Greater Dandenong. Unfortunately, we cannot accept registrations from outside these areas.

BOOKINGS ESSENTIAL

Scan the QR code to register
Parenting Adolescents, Term 1, 2026 –
[Fill out form](#)



COST
Free

DATES
Wednesdays
25th February
4th, 11th, 18th, 25th March
1st April 2026

TIME
10:00am until 12:00pm

LOCATION
Online – A link will be emailed to registered participants.

ENQUIRIES
P: 9704 8377
E: groupwork.south@vt.uniting.org