



*Transforming
lives for stronger
communities*

Creating Confident Teens Workshop

Family Life has teamed up with Stride Education to deliver Creating Confident Kids

Come along to our online Workshop to learn strategies to help your Teens' with their feelings of Anger and Anxiety!

Do you worry about your Teens' Anger and Anxiety?

Would you like:

- Some strategies to help your Teen with their feelings of Anger & Anxiety?
- To know more about Resilience & tips to build resilience in your Teen?
- To know more about Emotional Intelligence & tips to raising an emotionally intelligent Teen?
- Strategies to support healthy friendships & tips to talk to your Teen about Bullying?
- Strategies to build your Teen's self-esteem and deal with setbacks?
- Strategies on how to talk and connect with your Teen?
- Top tips for taking care of yourself?

A must attend for Parents and Carers living in the City of Kingston and Bayside City with Teens 12 – 18yrs old.

Online:
via Zoom

Date:
Tuesday 22nd of March 2023

Time:
7pm to 8.30pm

Cost:
FREE but bookings are essential and spaces limited



 [Book by clicking the Eventbrite link](#)

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EDUCATION
UPSKILL. EMPOWER. THRIVE.

