



Parenting Tweens and Teens

Finding a better way to connect!

This workshop will support parents by targeting personal effectiveness in communication skills to enhance your relationship with your child.

You will gain a better understanding of your approach to the relationship, and specifically to communication with your adolescent. The workshop will enable you to develop valuable strategies and tools to communicate more effectively, fostering a stronger relationship with your pre-teen or teen.

Over four weeks, you'll be able to try out the skills learnt in the workshop at home, and bring back feedback for further discussion and support.

You will learn:

- Practical tools and strategies
 - Conflict resolution and problem-solving
 - Emotion regulation
 - Active listening skills
 - To better understand your teen
 - To communicate more effectively
- Self-awareness

Investing a few hours now, will create a valuable roadmap for navigating those challenging teen years.

Best suited to:

Parents and carers of adolescents aged 10 to 17 years.

When:

The workshop runs across four Thursday evenings.

Monday 27th August 2018 7pm to 9pm
Monday 3rd September 2018 7pm to 9pm
Monday 10th September 2018 7pm to 9pm
Monday 17th September 2018 7pm to 9pm

Light refreshments provided.

Where:

Family Life meeting room, 197 Bluff Rd, Sandringham

Cost:

\$240 per person (\$215 concession)

Bookings and more information:

To book or for more info, visit us at heartlinks.com.au
Email heartlinks@familylife.com.au or call (03) 8599 5488