



**headspace**  
Shepparton

# Family and Friends Workshops

Parenting young people is tough. headspace Shepparton are running workshops to help carers support young people to develop into resilient and emotionally intelligent young people.

## 27 Feb Communicating with Young People

This workshop will explore effective communication and conflict resolution ideas with young people. There will be the opportunity to explore the challenges of being a teenager but also remembering that being a parent of a teenager also has its challenges. This session is facilitated by The Bridge Youth services.

## 27 March Helping young people learn to regulate their emotions

Parents can play a great role in helping young people learn skills to regulate their emotions. This workshop combines developing an understanding of young peoples' emotional development as well as learning to find those opportunities to help shape and teach emotional skills.

### When

Tuesday 5:30 to 7:00 pm  
(27Feb/ 27 March)

### Where

headspace Shepparton  
129 High Street, Shepparton 3630

### RSVP

[Eventbrite.com.au](https://www.eventbrite.com.au)

### More information

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