

## Teenage Aggression Responding Assertively (T.A.R.A.)

## Northern Region

## A workshop for parents of adolescents who are behaving with aggression and violence







Please join us to discuss the impact of challenging behaviours and violence on families and relationships and to consider the role adolescent development, styles of communication and patterns of relating have in family relationships.

Our intention is that parents feel less alone, better equipped, more hopeful and confident in their ability to respond to challenging behaviours in a way that promotes safety, trust and connection for all family members.

Course runs over two mornings (attendance required for both sessions)

Tuesday 8<sup>th</sup> and 15<sup>th</sup> May 9.30am -12.30pm

Please call intake to secure a place on the number below.

For more information or enquiries please contact:

T.A.R.A Program on (03) 9450 4700

Berry Street, 677 The Boulevard, Eaglemont VIC 308