



# Talking Teens

## A Parents Building Solutions Program

**Do you want to:**

- Improve your relationship with your teenager?
- Improve communication with your teen and resolve family disputes?
- Understand why young people behave the way they do?
- Learn effective ways to deal with anger and anxiety - both yours and theirs

***Join us online to learn strategies and take some time out for you.***

**13, 20, 27 Oct & 10, 17, 24 Nov 2020**

Program runs across 6 sessions

**Time:**

7.00 pm - 8.30 pm

**Where:**

Online via Zoom

**Cost:**

Free of charge for parents and carers in Melbourne's Eastern Region.

**Bookings:**

Laurie on 0488 501 204 or  
laurie.arrowsmith@anglicarevic.org.au

**PARENTZONE**



Health  
and Human  
Services