



Parenting and Family Support Program's **Living with Young People**

The teenage years bring a new stage in your child's development and many changes for the whole family....

Living with Young People is a FREE workshop that helps you as parents and carers build an understanding of your teenager and their healthy development.

Our workshops are full of helpful information with a choice of simple, practical strategies that each family can adapt for their own parenting situations.

Topics to support your parenting include:

- About young people
- Adolescent development
- What parents can do
- What about conflict?
- A positive approach to guiding behaviour

Our workshops are based on the latest parenting research and use information from **Parenting SA.**

**Resources and light refreshments provided*

Where: Children's Centre Unit within Hackham West Primary School, 50 Glynville Drive, Hackham West

When: Part 1 – Thursday 19th November 2020
Part 2 – Thursday 26th November 2020

Time: 9:30am – 12:00

To book: Contact Karen on 8382 6161 or Bel on 0438 862 295

Everyone is welcome, however bookings are essential

* Please arrive 10 minutes early to register *

Delivered by the Department of Human Services