



## Can't get through to your pre-teen or teen? Is the frustration affecting your relationship?

The Communicating with your Adolescent workshop will support parents by targeting personal effectiveness in communication skills to enhance your relationship with your child. You will explore the origins of your communication style, better understand the communication styles used by others and develop personal communication skills.

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 become more effective in your communication, fostering a stronger relationship with your pre-teen or teen.

### Topics include:

- Self-awareness: understanding who you are and how you came to be at this point
- Active listening skills
- Conflict resolution and problem solving
- Being assertive
- Practical tools and strategies

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 Monday evenings.

Monday 21st August 7pm to 9pm

Monday 28th August 7pm to 9pm

Monday 4th September 7pm to 9pm

Monday 11th September 7pm to 9pm

Light refreshments provided.

### Where:

Family Life meeting room, 197 Bluff Rd, Sandringham

### Cost:

\$220 per person (\$200 concession)

## Bookings and more information:

To book or for more info, visit us at [heartlinks.com.au](http://heartlinks.com.au)

Email [heartlinks@familylife.com.au](mailto:heartlinks@familylife.com.au) or call (03) 8599 5488