



Engaging Adolescents

Finding a better way to connect with your teen!

Behavioural problems, unacceptable risk-taking, lack of motivation, and an unwillingness to fit in with the family's values, regularly leave parents struggling with how to get through to their teen.

Engaging Adolescents is a practical workshop to help you steer your teenager through the challenging times with confidence. You will gain a better understanding of your teen and gain valuable strategies and tools to communicate more effectively, fostering a stronger relationship with your child.

Over three weeks, you'll be able to try out the skills learnt in the workshop at home, and bring back feedback for further discussion and support.

You will learn:

- To communicate more effectively
- To better understand your teen
- Emotional regulation for you and your teen
- Techniques to enlist teens to manage their behaviour
- Strategies to deal with unacceptable behaviour
- 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 13-17 years.

When:

The workshop runs across three Wednesday evenings.

Wednesday 20th March 2019 7pm to 9pm
Wednesday 27th March 2019 7pm to 9pm
Wednesday 3rd April 2019 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
Email heartlinks@familylife.com.au or call (03) 8599 5488