



# Tweens and Teens

Parenting by Connection holds the view that your tween or teen needs you as an ally at a time that can be confusing and challenging for them. This talk will consider strategies for

- communicating your caring to your tween/teen,
- setting limits in a way that builds cooperation,
- managing your own wellbeing so that the challenges of this stage aren't overwhelming.

## Event Details

- When** Thursday 16<sup>th</sup> July 8pm-10pm
- Where** Online via Zoom – meeting details sent on registration
- Note** Free, please book to reserve your place. Suitable for parents of approximately 10+ yr olds.

## Book a Place

Email Belynda on [Belynda.smith@meerilinga.org.au](mailto:Belynda.smith@meerilinga.org.au)

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