



Talking Teens

Parents Building Solutions Programs

Do you want to:

- Improve your relationship with your teenage child during these challenging times?
- Improve communication with your teen and resolve family disputes?
- Learn effective ways to manage your young persons anxiety, and your own?
- Explore why young people use alcohol, drugs and behave in other risky ways?

Join us online via Zoom either Wednesday afternoons or Thursday evenings to learn strategies and take some time out for you.

Wednesday Afternoon Program:

May 6th to June 10th (6 weekly sessions)
1:00 to 2:30 pm

Thursday Evening Program:

May 7th to June 11th (6 weekly sessions)
7.00 pm - 8.30 pm

Where:

Online via Zoom

Cost:

Free of charge. Bookings essential.

Bookings:

Sharon on 0438 683 049 or
sharon.muir@anglicarevic.org.au

PARENTZONE



Health
and Human
Services