



# Talking Teens

A Parents Building Solutions Program  
for Parents and Carers of 12 to 18 year olds

**Do you want to:**

- Improve communication with your teenager?
- Explore how to set effective boundaries?
- Build positive relationships within your family?
- Understand the challenges of adolescence to better support your teenager?

**Dates:** 12 February to 25 March (no session on Labor Day 11 March)

**Time:** 7:00 to 9:00 pm

**Where:** Online via Zoom.

**Cost:** Free for parents and carers in Melbourne's Eastern Region.

**Limited Places. Click link to register.**

<https://forms.office.com/r/AFQbUQ6pQ0>

**Questions:** Deborah on 9896 6363  
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PARENTZONE

**Please note:** This is an interactive program involving group discussions and activities. You will need a quiet child-free place and device with video and audio, to participate.