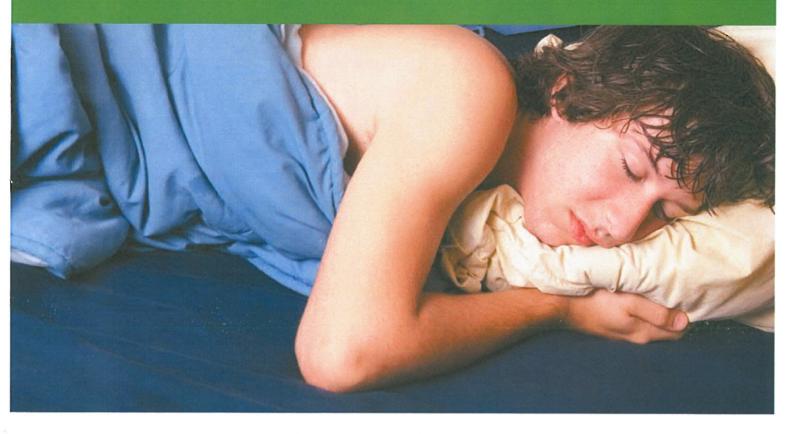
# Free Parenting Seminars Sleep and your teenager



# Are you the parent of a 13–18 year old? Are you concerned about their sleep?

Come and hear Dr Sarah Blunden, sleep researcher, talk about the importance of sleep for this age group. Find out how:

- > sleep needs change during adolescents
- > sleep impacts on physical and mental health
- > technology affects sleep
- > to help your teen get enough sleep.

#### To book:

Online: http://parentingsa.eventbrite.com.au/

Phone: 8303 1660

Email: Health.parentingsa@health.sa.gov.au

Presented by Parenting SA.

For more information about caring for your child

go to www.cyh.com.

## Seminar 1 Tuesday 9 September

When: 7.15 - 9.00pm

Where: Basil Hetzel Building Lecture Theatre,

Uni SA City East Campus, Frome Rd, Adelaide

(Building H, entry via gate 3)

### Seminar 2 Tuesday 16 September

When: 7.15 - 9.00pm

Where: Catherine Community Centre,

Nazareth Catholic Community, 176 Crittenden Road, Findon (parking in college carpark off

Crittenden road)

