

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)



**Government of
South Australia**