

Parent Information Session



**Thursday 31 March 2022
7 – 9 pm**

**Webinar - Zoom
Including an interactive Q&A
session**

Bookings are essential
[Register here](#)

**For further information
contact Michelle, Community
Youth Worker, Knox Youth
Services 9298 8000 or**
michelle.pascoe@knox.vic.gov.au

Dealing with Feelings; For Parents / Carers of Teens

This parent information session will be facilitated by Parentzone Eastern and Knox Youth Services. The webinar will include information to help your teen to better manage and navigate their emotions, and deal with life together as a family, including:

- How to offer practical and emotional support for your teen;
- Learning strategies to support your teen to navigate their feelings;
- Being able to chat with other parents living through similar experiences;
- How you're travelling as a parent, and how does this impact your relationships with your teen; and
- Providing methods and strategies to support your teen.



PARENTZONE