

# FREE PARENTING FORUM

PARENTING TOOLS TO HELP  
YOUR ADOLESCENT THRIVE



Dr Justin Coulson is one of Australia's most respected and popular parenting authors and speakers.

He is sought after for his expertise in family life, relationships and resilience. He is the founder of "Happy Families".

In this presentation, Dr Coulson will explore:

- Why teenagers act the way they do.
- Four critical steps to setting limits with your teens.
- What to do when you find out that news that your really, don't want to hear.
- How to make the teenage years some of the best years of your life – and theirs.



**TUESDAY 12  
NOVEMBER**

7.00pm–9.00pm including light  
supper from 6.15pm

## VENUE

OneHope Centre  
4–32 Province Boulevard, Highton

## BOOKINGS

[tinyurl.com/JustinCoulsonGeelong](https://tinyurl.com/JustinCoulsonGeelong)

This is a free event but bookings  
are essential.