

Millennial Parenting

Everything you need to know

Parenting in a modern world brings a whole range of challenges for young people and carers to navigate together. Online safety, sleep, boundaries, alcohol – finding the right balance isn't always easy, and can leave both parents and teens feeling frustrated and in conflict.

In this session, guest speaker **Dr Michael Carr-Gregg** will outline what he believes are the five greatest challenges facing parents today, and how to manage them.

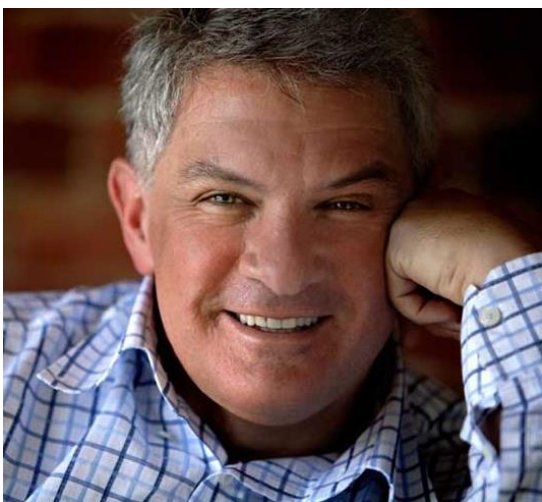
When: **Thursday 31 October**
7.00pm – 8.30pm

Where: **Beth Weizmann Community Centre**
306 Hawthorn Rd, Caulfield

Cost: **Gold coin donation**

RSVP: www.jewishcare.org.au/millennial

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Dr. Michael Carr-Gregg is one of Australia's highest profile psychologists, author of 14 books, and a specialist in parenting, children, adolescents and the use of technology for mental health. Michael is passionate about delivering evidence-based psychology workshops that make a difference to the health and wellbeing of children and young people.

Michael sits on the Board of the Australian Children's Television Foundation and is a Community Ambassador for Smiling Mind and Big Brother Big Sister. Michael is also a columnist for a variety of publications, the resident parenting expert on Channel 7's *Sunrise* and psychologist for Radio 3AW's *Morning Show with Neil Mitchell*. Michael is also the proud father of two sons.