



Centacare

## Inside Their Heads - Understanding Teenagers

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### Come along and learn about:

- What's happening for today's teens
- The tasks of adolescence
- Adolescent brain development
- Setting boundaries
- Communication that encourages two-way respect and understanding



### Venue:

Centacare  
Level 2, 45 Wakefield Street  
Adelaide, SA 5000

### Date and Time:

Thursday 14 February 2019  
10:00am – 12:00pm

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### Participant Feedback

"Thank you for your time this is a great service that's why I've come back for the second time."

"I enjoyed listening to the speaker she was fantastic and very warm."

"Thank you. Whilst we were recommended to come along due to a custody dispute, I'm so glad we did! We have learnt so much."

**Bookings essential. Please contact Centacare on 8215 6700 or  
email your details to: [registrations@centacare.org.au](mailto:registrations@centacare.org.au)**

This project is jointly funded by Centacare Catholic Family Services and the Department of Social Services

[www.centacare.org.au](http://www.centacare.org.au)



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# Developing Resilience

**Resilience has been described as the ability to bungee jump through life**

This session identifies family strengths both yours and your child's.

Topics covered will include:

- What is it?
- How do you develop it?
- How do you know if your child is resilient?

(This course will help develop positive ways to help yourself and your child deal with hardship and to develop self-awareness to understanding emotions and reactions. It will help to build existing strengths and goal setting for growth.)



**Date and Time:**

Thursday 21 February 2019  
10:00am – 12:00pm

**Venue:**

Centacare Level 2,  
45 Wakefield Street,  
Adelaide SA 5000

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**Centacare**  
*Registration Form*

<b>Parenting Workshops</b>	
<b>Course Name:</b>	
<b>Date of Course:</b>	
<b>Client Name:</b>	<b>Title</b>
	<b>First name</b>
	<b>Surname</b>
<b>Date of birth:</b>	
<b>Address:</b>	
<b>Telephone:</b>	
<b>Email Address:</b>	
<b>Notes:</b>	

<b>Admin Use Only</b>	<b>CETRAM</b> <input type="checkbox"/>	<b>Penelope</b> <input type="checkbox"/>	<b>Letter</b> <input type="checkbox"/>
<b>Entered date:</b>			