



ParentZone Term 2 2025

Online via Zoom. Free to Attend. Bookings Essential

Talking Teens

A 6-week program for parents of 12 to 18 year olds. Learn about adolescent development and why teens behave as they do. Explore ways to deal with anger and anxiety - both yours and theirs. Discover strategies to deal with conflict and power struggles to improve communication and develop positive relationships with your teen.

When: Fridays 12:30 pm to 2:30 pm

Dates: May 2nd to June 6th 2025
(6 week program)

Where: Online via Zoom

Cost: Free (bookings essential)

Bookings: [Click here](#) or scan QR



Enquiries: sharon.muir@anglicarevic.org.au

Dads Matter

A 6-week program for dads who wish to develop positive relationships and communicate better with their children. Explore how to manage challenging behaviour and make family agreements that work. Support emotional wellbeing and family functioning, and learn the importance of dads in the lives of their children.

When: Mondays 7:00 - 9:00 pm

Dates: May 12th-Jun 23rd (6 wks)
no session on Kings Birthday

Where: Online via Zoom

Cost: Free (bookings essential)

Bookings: [Click here](#) or scan QR



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PARENT*ZONE*

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