

# Dealing with Teen's Back Chat!!



**PARENTS OF TEENS OR ALMOST TEENS**

"Learn how to restore a respectful and positive relationship between you and your teen"

**Topics include:**

- Similarities & differences between being a teenager today & their parent's day
- What it is like being a teenager in this fast paced & competitive world
- Assertiveness skills to deal with teen's behaviour, set boundaries & consequences
- Listening skills to find out what is going on in our teenager's world & support them

**VENUE:** Chatswood Community Health Centre

57 Hercules St, Chatswood

**DATES:** Tuesday 25<sup>th</sup> October 2016

**TIME:** 7.00pm - 9.30pm

**COST:** \$50pp

PLEASE PHONE 8877 5152 TO BOOK YOUR PLACE IN THIS WORKSHOP

[www.nslhd.health.nsw.gov.au/Services/CAP](http://www.nslhd.health.nsw.gov.au/Services/CAP)

This workshop will be facilitated by a qualified Parent Educator from  
Child and Adolescent Parenting, Northern Sydney Local Health District



**Health**

Northern Sydney  
Local Health District