

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 25th 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

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