



Talking Teens

A Parents Building Solutions Program for Parents of 12 to 18 year olds

Would you like to:

- Learn about adolescent development and why teens behave like they do?
- Discover strategies to deal with conflict and power struggles?
- Deal with anger and anxiety?
- Learn skills to improve your child's resilience?
- Improve your relationship with your teenager?

Join this interactive 6 week program to learn strategies, share stories and take some time out for you

When: Mondays (6 evening sessions)

Dates: July 17th to August 21st 2023

Time: 7:00 to 9:00 pm

Where: Online via Zoom.

Cost: Free for parents and carers living in Melbourne's Eastern Region.

Registration: [Click here](#)

Enquires: sharon.muir@anglicarevic.org.au

Please Note: Talking Teens is a 6 week interactive program. Please only register if you can commit to attending all 6 sessions, and have access to a device with video and audio.

PARENTZONE