



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?
- Improve your relationship with your young person?

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

When: Tuesday (6 evening sessions)

Dates: May 2nd to June 6th 2023

Time: 7:00 to 9:00 pm

Where: Online via Zoom.

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

Registrations: [Click Here](#)

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Please Note: Talking Teens is an interactive program. You will need a device with video and audio in order to participate.

PARENTZONE