



Talking Teens

**A 6-week online program
for parents of 12 to 18 year olds**

Join this 6-week evidence-informed parenting program to:

- Learn about adolescent development and why teens behave like they do.
- Explore ways to deal with anger and anxiety - both yours and theirs.
- Discover strategies to deal with conflict and power struggles in your family.
- Focus on ways to improve your relationship with your young person.

When: Tuesday (6 evening sessions)

Dates: May 14th to June 18th 2024

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