

Monday 6 September 2021

7 – 9pm

Via Zoom

Online Webinar and interactive
Q&A session

Bookings are essential

To complete the online booking
[register here](#)

For more information contact
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Youth Worker, Knox Youth
Services 9298 8000 or
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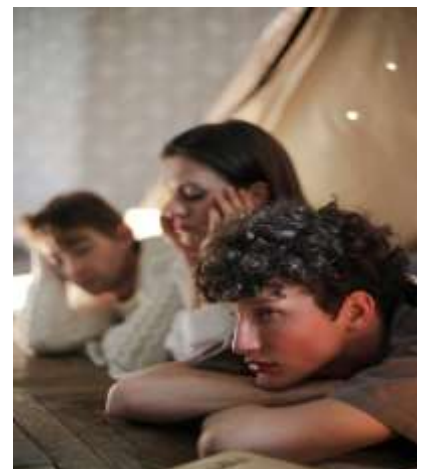
Dealing with Feelings; Parenting Teens beyond COVID

Help your teen learn strategies to better manage their emotions and deal with life after COVID.

This parent information session will be delivered by Parentzone Eastern and Knox City Council Youth Services.

Topics included:

- How to offer practical and emotional support.
- Learning strategies to support your teen to navigate their feelings.
- Chat with other parents with similar experiences.
- How you're travelling as a parent, and how does this impact your relationship with your teen.
- Methods and strategies to support your young person.



PARENTZONE