



Managing our Teens Anxiety

Templestowe college in partnership with ParentZone Eastern are delighted to present a workshop focusing on teen's anxiety.

Join Deborah Trengove from Eastern ParentZone for this interactive parenting workshop.

Discover the causes of anxiety and learn a parent-led approach to alleviating your teen's worries.

Learn strategies to help your child obtain a more resilient mindset.

Date: Thursday 18th August 2022

Registration: 3:45pm

Session starts: 4:00pm - 5:30pm

Parents/carers are welcome to attend this free workshop, however bookings are essential. For bookings:

[Click here to book](#)

For further information contact Rita on 98506333



PARENTZONE