

Parenting Teens

A workshop for parents of children aged 10+

Parenting an adolescent can be a challenging and stressful time. It has often been said that there is only one thing more difficult than being a teenager, and that's being the parent of one!

During this workshop you will be inspired with ideas on how to improve your relationship with your teenager by:

- Learning about the importance of staying connected with your teens
- Exploring your changing role as a parent during the teen years
- Developing a greater understanding of the teenage brain
- Learning about the developmental stages that your children go through during the teenage years
- Connecting with other parents of teenagers and sharing your challenges and wisdom



Tuesday 19 March, 9.30am to 12noon

Don't miss out! Book by Thursday 14 March

Lotteries House, 7 Anzac Place, Mandurah

\$30 per person (\$15 for concession card holders)

**Places are limited so book now on 6164 0588 or
Email: Mandurah.Education@relationshipswa.org.au**