## FREE

## Surviving Your Adolescents ZOOM

Learn how to manage and let go of your 11-22 year

## The Surviving Your Adolescents course covers:

- What is normal adolescent behaviour, what is not
- How to manage teen risk-taking
- The Four Things <u>Not</u> To Do
- The Four Ways to improve your relationship
- Taking on a new role with your teen
- How to keep the communication channels open
- Helping your teen learn to manage their emotions
- How to help prevent behaviour problems in your teen

For more information ring FACILITATOR on

6738 7200

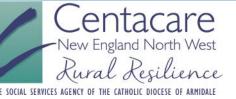
or to REGISTER contact Centacare NENW

1800 372 826



WHEN: OVER 2 Tuesdays - 6th & 13th August 2024 TIME: 10am - 1pm WHERE: Via Zoom







Australian Government Initiative

Registration is essential. This course is subject to registration numbers.



Centacare NENW acknowledges the traditional custodians of this land and pays respect to the elders past and present.