

**FREE**

# Surviving Your Adolescents ZOOM

For more information ring  
FACILITATOR on

**6738 7200**

or to REGISTER contact  
Centacare NENW

**1800 372 826**

*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 Not 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



**WHEN: OVER 2 Tuesdays - 6th & 13th August 2024**

**TIME: 10am - 1pm**

**WHERE: Via Zoom**

**COST: FREE**

 **Centacare**  
New England North West  
*Rural Resilience*  
THE SOCIAL SERVICES AGENCY OF THE CATHOLIC DIOCESE OF ARMIDALE

 **FAMILY**  
RELATIONSHIP CENTRE  
HELPING FAMILIES BUILD BETTER RELATIONSHIPS

 An 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.