

Parenting Teens

A one night seminar 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 the seminar you will:

- Learn about the importance of staying connected with your teens
- Explore your changing role as a parent during the teen years
- Develop a greater understanding of the teenage brain
- Learn about the developmental stages during the teenage years

Where: Relationships Australia
Lotteries House, Anzac Place, Mandurah

When: Tuesday 17 November, 6.30pm to 9pm

Fee: \$25 per person (\$12.50 for concession card holders)

Places are limited so book now on 9583 6090



Ph 9583 6090 **Address** Lotteries House, Anzac Place, Mandurah
Fax 9583 6098 **Post** PO Box 3080, Mandurah East WA 6210
Email Mandurah.education@relationships.wa.org.au