



## Managing Change - Teens

We all know that teens, and adults, have had to deal with a lot of change in 2020. This interactive session is an opportunity to hear from other parents. We will explore some of the fears and worries our teens have around change and how we can respond to these. We will discuss a range of resilience skills and strategies that may be helpful to support your children during this period of change. This session is for parents of pre-teens and teenagers.

**DATE:** Wednesday 30th September 2020  
**TIME:** 11.00am - 12.30pm  
**WHERE:** Zoom  
**COST:** This session is free of charge but registration is essential

For bookings & inquiries contact: Parentzone on 03 8641 8900 or 0458 550 071  
Email [parentzone.northern@anglicarevic.org.au](mailto:parentzone.northern@anglicarevic.org.au)



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