Anglicare Victoria

Talking Teens

A Parents Building Solutions Program

Do you want to:

- Improve your relationship with your teenager?
- Improve communication with your teen and resolve family disputes?
- Understand why young people behave the way they do?
- Learn effective ways to deal with anger and anxiety - both yours and theirs

Join us online to learn strategies and take some time out for you.

13, 20, 27 Oct & 10, 17, 24 Nov 2020

Program runs across 6 sessions

Time:

7.00 pm - 8.30 pm

Where:

Online via Zoom

Cost:

Free of charge for parents and carers in Melbourne's Eastern Region.

Bookings:

Laurie on 0488 501 204 or laurie.arrowsmith@anglicarevic.org.au

PARENTZONE

VICTORIA State Government | Health and Human Services

BETTER TOMORROWS

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