



Raising Resilient Teens

A Parents Building Solutions program.

Do you want to

- Help build resilience in your teen?
- Support your teen to problem solve and resolve conflict?
- Learn how to talk so teens will listen?
- Understand your teens development?

Come along to these 5 sessions to learn strategies, share stories and take some time out for you!

DATES: Wednesdays 20th October - 17th November

TIME: 5:30PM to 7:30PM

WHERE: Mirboo North Secondary College, Castle St, Mirboo North

COST: FREE. Bookings essential.

For bookings & enquiries contact:
Parentzone Gippsland on 03 5135 9555 or email
parentzone.gippsland@anglicarevic.org.au

PARENTZONE