



## 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:** Tuesdays 8th March - 5th April

**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](mailto:parentzone.gippsland@anglicarevic.org.au)

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