



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.

When:

Tuesdays evenings (6 sessions)
February 1st to March 8th, 2022

Time: 7.00 pm - 9.00 pm

Where: Online via Zoom

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

Bookings and Enquiries:

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PARENTZONE