



## BEING A DAD: Navigating the Teen years

ParentZone Northern are presenting two parenting sessions for Dads and Carers.

### Session One: Teen Development

- Understand the stages of adolescence
- How to help your child navigate through these challenging years
- How to establish and maintain a positive relationship with your teen

### Session Two: Resilience and self-esteem

- Understand adolescent mental health and well being
- How to help your teen build their resilience
- Explore parental behaviours that boost your teen's self-esteem and coping skills

Feel free to come along to one or both of the sessions.



**DATE:** Thursday 17th & 24th October 2024

**TIME:** 6.30pm - 8.00pm (both sessions)

**WHERE:** Online via Zoom

**COST:** These sessions are free but registrations are essential

**Bookings and enquiries:** ParentZone Northern  
03 8641 8900 or email  
[parentzone.northern@anglicarevic.org.au](mailto:parentzone.northern@anglicarevic.org.au)

**PARENTZONE**