



Talking Teens

A 6-week program for parents of 12 to 18 year olds

Join this 6-week evidence-informed parenting program to:

- Learn about adolescent development and why teens behave as they do.
- Explore ways to deal with anger and anxiety - both yours and theirs.
- Discover strategies to deal with conflict and power struggles in your family
- Improve communication and develop a positive relationship with your teenager

Please Note: Talking Teens is an interactive program. You will need a video and audio device to participate.

When: Fridays (6 afternoon sessions)

Dates: May 2nd June 6th 2025

Time: 12:30 to 2:30 pm

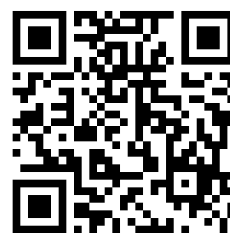
Where: Online via Zoom.

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

Registrations: [Click Here](#)

Enquiries:

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PARENTZONE

