



Talking Teens

**An online parenting program for parents
and carers of 12 to 18 year-olds.**

Do you want to:

- Improve communication with your teenager?
- Explore how to set effective boundaries?
- Build positive relationships within your family?
- Understand the challenges of adolescence to better support your teenager?
- Help your teen with their emotions?

Dates: Monday evenings

4 August to 8 September 2025

Time: 7:00 to 9:00 pm

Where: Online via Zoom.

Cost: Free

Priority given for parents and carers in Melbourne's Eastern Region.

Booking required:

<https://forms.office.com/r/2wDuY1Vd1R>

Enquiries: Deborah on 9896 6363

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Please note: This is an interactive program involving group discussions and activities. You will need a quiet child-free place and device with video and audio, to participate.