

PARENTING TEENAGERS PROGRAM

Are you a parent, step-parent, grandparent or other carer of a teenager aged 12-18?

With qualified Psychologist Patrick Labour, you'll meet others in a similar situation and talk about:

- Respect, setting boundaries & limits
- Parenting strategies & self-care
- Communication, anger & dealing with conflict
- What teenagers go through
- Risk taking behaviours e.g. alcohol & other drugs

SPACES ARE LIMITED! BOOK NOW!

CHARLES SIENES
YOUTH & FAMILY SERVICES OFFICER

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📞 9556 1769

5 WEEK PROGRAM
EVERY TUESDAY
FROM 12TH NOVEMBER

6PM - 8PM

HEADSPACE
41 DORA ST, HURSTVILLE

