

Parenting Your Angry Teen

Online via Zoom



Does your teenager always seem to be angry? Is it hard for you to control your anger around them? This workshop gives you an insight into why the teenage years can seem like an anger minefield and will give you new ideas and skills in managing your teen's angry emotions.

During the workshop you will be encouraged to:

- Explore what might be motivating teen anger
- Learn strategies to help you positively resolve anger – your teens and your own!
- Learn about the importance of staying connected with your teens
- Learn how to communicate effectively with your teen

When: Thursday 6 June 2024

Time: 6.30pm to 9pm

Where: Online via Zoom

Cost: \$30 per person

Online sessions are interactive and have minimum requirements



For information about our courses and workshops please call 6164 0200 or visit www.relationshipswa.org.au

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