

# Parent-Teen Connection

## West Leederville



Are you going through difficult times with your teenage child? Struggling to understand their moods and behaviour?

Adolescence has always been a challenging, somewhat frustrating period of life's journey. Living with teenagers can be confusing and even worrying. Once seen as a time for parents to step back, adolescence is increasingly viewed as an opportunity to stay tuned in and emotionally connected.

This full day course will explore:

- The massive changes in your teen's brain development and how this impacts on their behaviour
- Effective strategies that can strengthen the connection between you and your teen
- How to provide fair guidance to help your teen learn to manage their lives
- Setting boundaries and limits in ways that encourage responsibility.
- The emotional challenges that occur during adolescence

**When:** Saturday 9 November 2024

**Time:** 9.30am to 4.30pm

**Where:** WEST LEEDERVILLE - Level 1, 22 Southport St

**Cost:** \$50 per person, \$25 concession



For information about our courses and workshops please call 6164 0200 or visit [www.relationshipswa.org.au](http://www.relationshipswa.org.au)

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