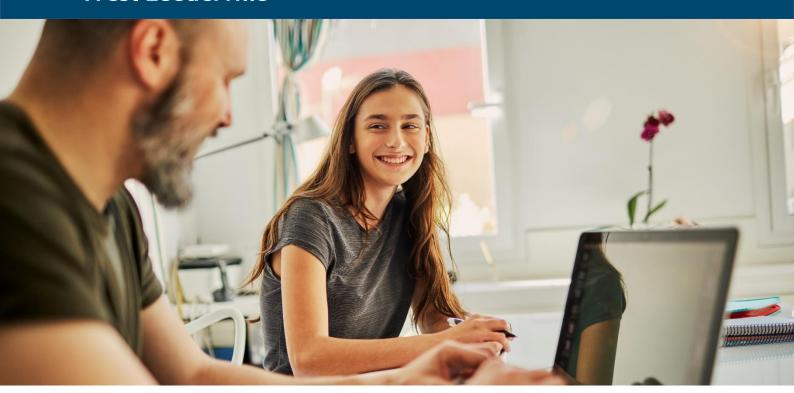
## Parent-Teen Connection West Leederville



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 29 March 2025

**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 O2OO or visit

www.relationshipswa.org.au



