

# Understanding today's teenager



## A seminar for parents and caregivers who want to improve their relationship with their teenagers

Adolescence is a time of great transition and challenge for young people and their families alike.

Conflict, communication difficulties and a lack of understanding may often occur. At such an important time it can be easy to lose confidence in the ability to parent successfully.

This group is designed to assist you:

- increase your understanding of adolescence;
- improve your relationship with your teenager; and
- learn new ways of communicating.



### DETAILS

**Tuesday 21 October 25**  
4.45pm - 6.30pm

**Friday 24 October 25**  
10am - 12pm

**Headspace**  
1468 Albany Hwy, Cannington



## REGISTRATION IS ESSENTIAL

**To register or for more information**  **(08) 9440 0400**

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