

# Communicating With Your 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.

**When:** Wednesday 13<sup>th</sup> May 2020  
**Time:** 11:00 am – 1:00 pm

or

**When:** Tuesday 19<sup>th</sup> May 2020  
**Time:** 5:30 pm – 7:30 pm

**Registration is 15 minutes prior to the seminar.**

**Cost:** *Free of charge*

**Venue:** *Centrecare Mirrabooka*  
*12 Brewer Place, Mirrabooka, WA6061*

**Bookings Necessary**

For further information or to register, please call:

**9440 0400**



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*"People Making Time for People"*

