

# When you are the parent or caregiver of a teenager



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

Adolescence is a time of transition and has its challenges 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.

These seminars are designed to assist you:

- Increase your understanding of adolescence
- Improve your relationship with your teenager
- Learn new ways of communicating

# FREE!

### SEMINAR DETAILS

When: Friday 22 March 2019  
Time: 12:00pm to 3:00pm  
Where: Centrecare, 168 Egan Street, Kalgoorlie

*(please arrive 15 mins. prior to start)*

*Please note: These seminars require a minimum of six participants for each session in order for them to proceed.*



### REGISTRATION IS ESSENTIAL

To register or if you have any questions, please call Centrecare Goldfields on:

(08) 9080 0333 or email: [kalgoorlie@centrecare.com.au](mailto:kalgoorlie@centrecare.com.au)

[www.centrecare.com.au](http://www.centrecare.com.au)