

Parenting Adolescents



This 2-hour session will provide information on:

- Adolescent development and its impacts
- Understanding emotions and helping to regulate
- Challenges facing adolescents and parents/carers
- Communicate and connect with your teen more effectively
- Problem-solving
- Family values
- Building resilience

Location	Date and Time	Cost
Online (link will be provided)	Monday 20 March 7pm - 9pm	This is a free program

Contact us

For enquires and to register your attendance contact Gateway Health Intake on 02 6022 8888 or email parenting@gatewayhealth.org.au

Bookings are essential



gatewayhealth.org.au

Please note this information applies to Term 1 2023.

**gateway
health**

People living well