Parenting Teens Seminars 2014

These seminars are for parents of teens, as well as for parents whose children are heading towards the teen years – it’s never too early to start learning!

**Term 1 - Understanding Your Teen**

**Thursday 6 March 2014, 6.30pm to 9pm**
Cost - $25 (concession $12.50)

The teen years are a time of great change! For some families, it feels like a new person has come to live with you!

This seminar provides you with information to help you understand what is happening for your teenager – mentally, physically and emotionally. It will help you understand the world that your teenager lives in, a world that is probably very different from the world you grew up in. Understanding your teenager will assist you as you attempt to steer them through these important years.

**Term 2 - Boundaries With Teenagers**

**Thursday 15 May 2014, 6.30pm to 9pm**
Cost - $25 (concession $12.50)

It has been said that the only thing more difficult than being a teen is being a parent of one!

This seminar equips you with parenting skills to help you manage your teen’s behaviour. Learn about how to set and establish boundaries in your life, how to communicate these to your teenager and how to gain the respect you deserve.

**Upcoming Seminars**

**Term 3 - Dealing with Your Teen’s Angry & Aggressive Behaviour**
**Term 4 - Keeping Yourself & Your Teen Mentally Strong**

All seminars will be held at Relationships Australia, 21 George Street, Mandurah.

Places are limited so book now on 9583 6090 or for more information email Jacqui at jacqueline.eberhart@wa.relationships.com.au

Supported by Peel Youth Services