

# Parent-Teen Connection

We have all come through adolescence – do we remember? It has always been a challenging, sometimes frustrating period of life's journey.

Thankfully, today's parents are usually more inclined to listen. Living with teenagers can be confusing and even worrying, but also rewarding. This course reduces stress and teaches parents to communicate, negotiate and minimise conflict.

This workshop will discuss:

- behaviours and tasks of adolescence
- developing a helpful perspective on adolescence
- communication adolescents understand
- handling conflict
- how to minimise discipline

## **WEST LEEDERVILLE**

Level 1, 22 Southport Street, corner of Cambridge Street

Thursday, 31 Aug, 7, 14, 20 Sep  
Tuesday, 21, 28 Nov, 5, 12 Dec (Special – just for Dads)  
(6.30pm – 9.00pm)

or

Saturday 4 Nov  
(9.30am-4.30pm)

2017

Fee: \$50 per person /\$75 per couple

Places are limited so please book now on 6164 0200