

NEW SERIES OF WORKSHOPS FOR PARENTS OF TEENS

Session 1: Understand your teenager's behaviour.

This workshop will help parents identify what is behind their teenager's behaviour, and to find the right solution to help their teen and either reduce or eliminate the problem. Identify goals for change in their teens and their own parenting behaviour.

Session 2: Keeping the balance: Independence vs Safety.

Parents will learn how to keep the balance between allowing your teenager independence and holding on to keep them safe. Learn how to communicate better with your teen and use problem solving to help manage risks.

Session 3: How to help your anxious teen.

Parents will be given an understanding of anxiety and how it impacts their teenager's behaviour. You will also be provided with some tips and parenting strategies to help their teen thrive.

Saturday 10th June

Workshop 1: 9:00-10:00am

Workshop 2: 10:15-11:15am

Workshop 3: 11:30am-12:30pm

Cost: \$40 per person, per workshop, \$100 for all 3!

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VERY LIMITED PLACES AVAILABLE!



Book your child's place with our
Group Coordinator Jess on
groups@directionpsychology.com