

# Parenting Teens

A one night seminar for parents of children aged 10+

Parenting an adolescent can be a challenging and stressful time. It has often been said that there is only one thing more difficult than being a teenager, and that's being the parent of one!

During the seminar you will:

- Learn about the importance of staying connected with your teens
- Explore your changing role as a parent during the teen years
- Develop a greater understanding of the teenage brain
- Learn about the developmental stages during the teenage years

**Where:** Relationships Australia  
Lotteries House, Anzac Place, Mandurah

**When:** Tuesday 25 July, 9.30am to 12noon

**Fee:** \$30 per person (\$15 for concession card holders)

Places are limited so book now on 6164 0588