

A free workshop for

PARENTS & CARERS OF TEENS



Want to overcome the challenges that come with teens?

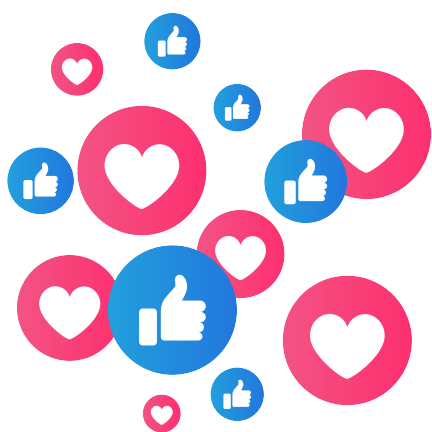
These sessions cover evidence-based solutions to today's toughest family challenges while building a relationship based on trust and mutual respect.

Join us and learn new tools for fostering resilient, emotionally intelligent teens.

Don't miss this opportunity to improve your relationship with young people!

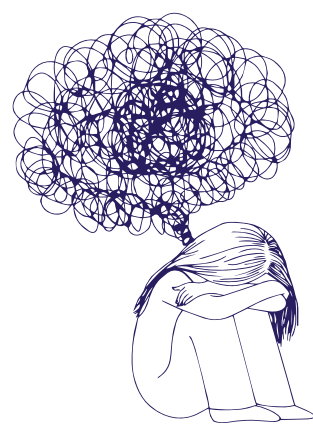
#Addicted

Practical skills for reining in excessive social media use and gaming. Learn how to set boundaries and resolve conflict.



School Avoidance

Learn how to coach your child through anxiety and distress. Work with your child and their school to build resilience and support.



Age of Rage

Learn practical skills to de-escalate anger and aggression. Help your teen learn how to manage their anger in a healthy way.



Thursday, July 10th
9 am - 3 pm



Lifetime Connect
157 Mann St, Nambucca Heads