

# parenting ADOLESCENTS SEMINARS

## **“THE ALIENS HAVE TAKEN MY CHILD!”**

**Do you sometimes feel your child as you knew them has disappeared and some other child has moved in?**

**Come along to a parenting seminar where two counselors from EACH Social and Community Health will talk about their personal and professional experiences of living & working with teenagers. We will explore:**

- Physical & emotional changes including brain development that effects behavior**
- Coping strategies for parents to ensure that you don't disappear too!**
- Referral pathways for specialized problems**

**Please bring along your sense of humor as it is essential for survival until your child returns**

**Who: Parents of secondary school aged children**

**Where: EACH Social and Community Health, Building B**

**46 Warrandyte Rd Ringwood**

**When: Wed 26<sup>th</sup> Oct 2016**

**Time: 7.00pm – 8.00pm**

**Cost: free**

**More information: Amanda Jenkins – Youth and Family team EACH, 9871 2632**

**RSVP by 19<sup>th</sup> October, bookings essential**

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