



TALKING TEENS

HELPING YOUR KIDS COPE IN A CHAOTIC WORLD

FOR PARENTS AND CARERS FOR CHILDREN 12 – 19 YEARS

- Do you want to learn how to talk so they will listen?
- Support them to cope in a chaotic world?
- Help them to problem solve and resolve conflict?
- Stay connected to them?
- Come along to these 5 sessions and share strategies, stories and take some time out for you!

WHEN: Monday 1st August to
29th August (5 weeks)

TIME: 7pm to 9pm

WHERE: Anglicare, 666 Mountain Highway
Bayswater

COST: **FREE of Charge.**
Bookings are essential.

BOOKINGS:
Helena - Anglicare Parentzone
03 9735 6134 or 0488 501 204

