



A seminar for parents

Effective parenting for teens and family wellbeing

When: Thursday 27 October 6– 7.30 pm

Where: Community Room, Margaret Whitlam Recreation Centre

Free | Bookings at Eventbrite

This seminar is designed for parents and carers of tweens and teens (aged 10-17) who want practical information and strategies for effective communication, healthy relationships, and to better understand and manage adolescent behaviour.

The seminar will be led by clinical psychologist, Dr Terri Said, CEO of WAYS Youth & Family and WAYS Secondary Principal, who will cover topics including:

- Understanding adolescent development and brain function
- Effective communication, managing conflict and challenging behaviours



Scan QR code to book

Further information:

Ph: 9083 8936

