

Effective parenting for teens and family wellbeing

A seminar for parents



When: Wednesday 1st November 2023
6.15-7.45pm (the seminar will end at 7.30, 15 mins for question time)

Where: Waverley Library Theatre,
Level 1, 32-48 Denison St Bondi Junction

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

This seminar will be led by Dr Terri Said, Clinical Psychologist and CEO of WAYS along with Luke Cox, Psychologist and will give participants effective and practical advice for:

- Understanding adolescent development and brain function;
- Building resilience, managing conflict, challenging and risky behaviours.



Scan QR code to book



Further information:
9083 8936

