



Talking Teens

A Parents Building Solutions Program

Do you want to:

- Help your teen cope in a chaotic world?
- Improve your teens skills in problem solving and resolving conflict?
- Stay connected and communicate better with your teen?
- Manage your own anxiety and anger?

Come along to these 5 sessions to learn strategies, share stories and take some time out for you!

When:

Mondays (5 evening sessions)
November 19th to December 17th 2018

Time:

7:00 to 9:00pm

Where:

The Avenue Neighborhood House
87 Eley Rd, Blackburn South VIC 3130

Cost:

Free of charge. Bookings essential.

Bookings:

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