

FREE

Surviving Your Adolescents

Learn how to manage and let go of your 11-22 year old!

The Surviving Your Adolescents course covers:

- What is normal adolescent behaviour
- How to manage teen risk-taking
- The Four Cardinal Sins (what not to do)
- The relationship between parent-teen communication and adolescent safety
- The four ways to improve your relationship
- What role to take: Observer, Advisor, Negotiator, Director
- How to respond to emotional blackmail



For more information or to register, contact the Family Relationship Centre through Centacare NENW

6738 7200

WHEN: Wednesday

11th March 2015

TIME: 5.30 - 8.30pm

Register before 4th March

WHERE: McCarthy Catholic College, Tribe St, Building A4

COST: FREE



Registration is essential. This course is subject to registration numbers.



An Australian Government Initiative