



# Knowing your Teen

Parenting teenagers is not easy, it requires creativity, determination, and patience! It is a tough phase for everybody, but you are not alone.

Join other parents and carers in this workshop that aims to provide information, improve understanding, and explore strategies that focus on the strengths and challenges of this stage of development.

✓ Strategies

✓ Problem Solving

✓ Growth

## Workshop dates & locations:

**Where:** Online via Zoom

**Date:**

Thursday 9<sup>th</sup> June 2022 @11:00am – 12.30pm

[Learn more or register here](#)

Please note this is a single session workshop only.

There is no charge for this workshop.

Early registration recommended.



Register now using the QR code above

## RSVP:

Reception | CatholicCare Victoria  
T (03) 5438 1300 | E [email@ccds.org.au](mailto:email@ccds.org.au)



Knowing your Teen  
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