



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 Details:

Date: Thursday 30th March 2023
10.00am – 11.30am

Location: Online via zoom

This is a FREE single session workshop only delivered
by CatholicCare Regional Parenting Team
Early registration is recommended.



RSVP to:

CatholicCare Victoria

P 03 5438 1300

E email@ccds.org.au

www.catholiccarevic.org.au

(03) 5438 1300 | 176 – 178 McCrae Street, Bendigo VIC 3550