



Living With Teens

With a focus on building strong, secure connections, this three-week program covers:

- What teens need from parents
- Adolescent brain development
- Relationship repair and self-care

✓ Building Relationships

✓ Strategies

✓ Managing Emotions

Program Details:

Location: Online via Zoom

Date: Tuesdays 18, 25 Oct & 8 Nov

Time: 6:30pm – 8:30pm

This program has three sessions.

There is a cost of \$80 or \$40 concession for the program, workbook provided.

Groups are subject to maximum and minimum numbers determined seven working days prior to the event. **Early registration is encouraged.**

Register:

CatholicCare Victoria – Ballarat FRC

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