

A free workshop for

# PARENTS & CARERS OF TEENS



## Want to overcome the challenges that come with teens?

These sessions cover evidence-based solutions to today's toughest family challenges while building a relationship based on trust and mutual respect.

Join us and learn new tools for fostering resilient, emotionally intelligent teens.

**Don't miss this opportunity to improve your relationship with young people!**

### #Addicted

Practical skills for reining in excessive social media use and gaming. Learn how to set boundaries and resolve conflict.



### School Avoidance

Learn how to coach your child through anxiety and distress. Work with your child and their school to build resilience and support.



### Age of Rage

Learn practical skills to de-escalate anger and aggression. Help your teen learn how to manage their anger in a healthy way.



Thursday, July 10th  
9 am - 3 pm



Lifetime Connect  
157 Mann St, Nambucca Heads



**Register for free now! (closes 7th of July)**

Contact Denise from Lifetime Connect

p: 0499 039 815 e: [denise.deboer@lifetimeconnect.org.au](mailto:denise.deboer@lifetimeconnect.org.au)