

A LITTLE CONNECTION GOES A LONG WAY

PARENTING TEENAGERS - CONNECTION, COMMUNICATION AND WELLBEING

ENGLISH Webinar
Tues 20th October
6:30 - 8:00pm
via Zoom



Parenting teenagers (young people aged 12 years and over) can be rewarding but also brings new challenges as they grow towards independence.

This webinar will help you:

- Understand adolescent development and the teenage brain
- Recognise signs of stress, anxiety and emotional distress in young people
- Strengthen communication, connection and relationships within your family
- Navigate parenting between cultures and generations
- Learn practical strategies to support your teenager's wellbeing

**SCAN OR CLICK THE QR
CODE TO REGISTER**



For more information,
contact Cathy.Butler@health.nsw.gov.au

This webinar is a Mental Health Month Initiative coordinated in partnership with:



Northern Sydney
Local Health District



Relationships
AUSTRALIA · NSW

