

Teens & Anger

A one night seminar for parents of children aged 10+

Does your teenager always seem to be angry? Is it hard for you to control your anger around them? This course gives you an insight into why the teenage years can seem like an anger minefield and will give you new ideas and skills in managing your teen's angry emotions.

During the seminar you will:

- Explore what might be motivating teen anger
- Learn strategies to help you positively resolve anger – your teens and your own!
- Learn about the importance of staying connected with your teens
- Learn how to communicate effectively with your teen

Where: Relationships Australia
Lotteries House, 7 Anzac Place, Mandurah

When: Monday 27 March , 6.30pm to 9pm

Fee: \$30 per person (\$15 for concession card holders)

Places are limited so book now on 6164 0588



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