

Parent / Carer Workshops Finding Peace In The Chaos 2019

If you are struggling to support your teen or supporting your struggling teen these workshops are for you!

Eight workshops for parents and carers to connect with others in a safe, non-judgemental space & learn strategies to survive and enjoy the teenage years:

- Term 1:** Healthy Body = Healthy Mind = Healthy Teenager
- Term 2:** Staying Calm & Understanding Moods & Emotions
- Term 3:** Effective Communication & Positive Connection
- Term 4:** Negotiating Win:Win Solutions & Conflict Resolution



Who Parents and Carers

When 5:30pm to 7:00pm

Where 10-12 Short St, Port Macquarie

Dates

Term 1: 6th Feb & 10th April

Term 2: 1st May & 3rd July

Term 3: 24th July & 25th September

Term 4: 16th Oct & 11th December

Register 6588 7300
sara.phillips@each.com.au

Numbers are limited - Book Early

Cost Free

Facilitators

Sara Phillips & Matt Cramer