

# Understanding Teenagers



- Struggling with your teenager's challenging behaviours?
- Looking for ideas on how to communicate with your teenager?
- Want to support your teenager to move safely through adolescence?

## WHAT'S THE COURSE ABOUT?

Understanding Teenagers is a parenting course that aims to equip you with the knowledge and skills to support your child through adolescence. Form a better understanding of the changes in their behaviour and personality.

## WHAT CAN YOU EXPECT?

Through information sessions, practical exercises, group discussions and brainstorming we will explore:

- The stages of child and youth development, including the impact of brain and hormone development
- Parenting styles, managing tension points and talking through challenging issues
- Different ways to respond to concerning behaviours
- Strategies for communication and conflict resolution that you can take away and 'try out'
- Strategies that other parents have found work well for them

## WHAT WILL YOU LEARN?

- Increase knowledge about developmental changes
- How to reflect on your parenting style and how to manage your emotions
- Strategies for positive communication and how to hold difficult conversations with your teenager
- How to establish healthy boundaries and respond to challenging behaviour

## WHAT PEOPLE ARE SAYING ABOUT THE COURSE

"I found the course to be invaluable as it has given me the skills, confidence and understanding to approach my daughter in a different way than when she was younger. We now have a closer bond and I'm finding if situations do arise that challenge both of us, we are able to work it out"

"Helping me understand our granddaughter more and feel that as grandparents we will be able to support our daughter to a greater degree through this difficult time, thank you so much"

"Learning about myself and understanding that to have the ability to connect with my child I must be aware of my own emotions, fears and feelings. Learning how to control my own emotions, to better handle my child's emotion"

The course runs over two Saturdays OR a as course over 6 early evening sessions.

### **COST:** \$30

If you are unable to pay for course fees please talk with our intake worker or the course facilitator.

The Family Centre is committed to providing equal access to all the courses we offer.

### **CONTACT:**

#### **Bookings are essential**

For further information on any of our courses or workshops please call 9am–12.30pm, Monday to Friday  
**(07) 5524 8711** or ask at reception.

For more information on the course program go to  
[www.thefamilycentre.org.au](http://www.thefamilycentre.org.au)

Child minding is available upon request.