



“Whatever” Adolescent Parenting Workshop

Adolescence is an exciting and sometimes challenging time for teens and parents, where teens are getting ready for adulthood.

This two hour workshop run by Gateway Health will cover:

- Changes facing adolescents
- Understanding brain development
- The challenges and rewards facing adolescents and their parents/carers
- Connecting and communicating with your adolescent
- Helping your adolescent manage their emotions
- Problem Solving and Self Care



Where is it held?

Gateway Health
45-47 Mackay Street
Wangaratta
Room F1

Time: 10:30am to 12:30pm



When is it?

Thursday
19th September 2019

What do I pay?

FREE



How do I join in?

Bookings Essential
To book or ask a
question contact the
Intake Team
Ph: (03) 5723 2000