

# Midvale Hub Parenting Service Perth (North East)



## Bringing Up Great Kids Parenting Adolescents

For parents and carers who reside in the local government areas of Mundaring, Swan, Bassendean & Bayswater

This 7 week program focuses on promoting, and supporting, respectful, caring and nurturing relationships between parent/carer's and their adolescents.

Learn more about:

- Understand what is going on in the adolescent brain and impact on their behaviour.
- It aims to strengthen our capacity as parents and carers to reflect on our role in supporting our adolescent to forge their own identity and path and to navigate the crucial space of both holding on and letting go during the adolescent years.
- Find meaningful ways to stay connected with your adolescent



<b>Where:</b>	Via - online video conference platform <i>Require access to WIFI &amp; a device with a camera</i>
<b>When:</b>	Thursdays 10, 17, 24 February, 3, 10, 17 & 24 March 2021 (must be able to attend all sessions)
<b>Time:</b>	7pm to 9pm
<b>Cost:</b>	FREE – Registration is essential

**For more information and to register, please contact:**

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Supported by



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Shire of Mundaring Children's Services