“Challenge and Change” Seminar

26th March 2013 from 7pm-9pm

“Challenge and Change” is a 2 hour Seminar that aims to explore some of the challenges and changes parents/carers can expect as their teenagers progress from childhood to Adolescence.

Parents/carers attending this workshop will come away with some useful tools and ideas that will add value to your parenting role.

This seminar will cover topics such as:

- Understanding adolescence
- Understanding your role as a parent/carer of a adolescent
- How to build strong relationships with your adolescent.

This Seminar will be presented by the Reconnecting Adolescent and Parent Team (RAPT) a program of Uniting Care Burnside in partnership with your daughters School. For further information please contact Christine Hain, School Counsellor at St Joseph’s Catholic College on 43244022.

To register please email Christine Hain by 23rd March 2013 with names of those attending with a return email and daytime phone number. Christine.hain@dbb.catholic.edu.au