



FREE

Tips for Parenting your Teens

1 hour online (zoom) chats on parenting your teen presented by Interrelate Relationship Counsellor Ian Parkin.

We will chat about ways to improve your relationship with your teen, better understand your teen and ways to talk to your teen so they will listen.

Come along to one session or all sessions.

11 Nov 2020: Tips for a calmer household.

18 Nov 2020: Love Languages and recognizing when your teen is reaching out for you.

25 Nov 2020: The basic's of how to talk so others will listen.

2 Dec 2020: How understanding attachment helps all our relationships.

9 Dec 2020: How to help your teen with their feelings and emotions.

16 Dec 2020: Self care and mindfulness for the holidays.

Wednesdays 5pm—6pm

Online via zoom

Presenter Interrelate Counsellor Ian

To obtain the zoom link and RSVP email

ian.parkin@interrelate.org.au