



Centacare

Bringing Up Great Kids - Parenting Adolescents -

A FREE 4 week course for Parents and Carers who are on the journey of supporting their children through their adolescent years

The Adolescent Brain
The Parent Brain
Remembering adolescence
Picking your battles
Managing emotions and tough behaviour
Managing conflict
Repairing relationships
Communication with your teenager



Time: 1:00pm – 3:00pm
Dates: Tuesdays:
13, 20, 27 September
11 October

Venue: Centacare, Level 2
45 Wakefield Street,
Adelaide 5000

Please note childcare facilities are not available and children cannot be present at this course

**Bookings essential. Please contact Centacare on 8215 6700 or email your details to:
registrations@centacare.org.au**

This project is jointly funded by Centacare Catholic Family Services and the Department of Social Services

www.centacare.org.au