



Parenting Adolescents

Narre Warren

This 6-week program offers an opportunity to reflect on parenting and adolescents, and how you can support your child in having the experiences you hope for as they grow. It is suitable for parents and carers of children aged 10 to 17 years.

The **Bringing Up Great Kids Parenting Adolescents** program supports you as a parent or carer to:

- explore your parenting style.
- learn more about brain development during the adolescent period and its influence on the adolescents thoughts, feelings and behaviour.
- explore new ways of communicating with your adolescents.
- discover ways to take care of yourself, practice self-compassion and how to find support when needed.

Please note: This program is for caregivers residing in the City of Casey, Cardinia Shire, and Greater Dandenong who have at least 50% custody. Please be aware that children cannot attend the sessions, and childcare services are not provided.

BOOKINGS ESSENTIAL

Scan the QR code to register
<https://forms.office.com/r/f1uNRQTpt5>



COST

Free

DATES

Mondays [6 weeks]
27th July and 3rd, 10th, 17th, 24th,
31st August 2026

TIME

10:00am until 12:30pm

LOCATION

Uniting Narre Warren;
55 Webb Street, Narre Warren
VIC 3805

ENQUIRIES

P: 9704 8377

E: groupwork.south@vt.uniting.org