Surviving Adolescence & Technology

Wednesday 3\textsuperscript{rd} April 2013
6.00pm-8.30pm
Bathurst Family Relationship Centre
91 Seymour St

This course helps parents to support their teenagers to meet the challenges of the adolescent years and to gain an understanding of how today’s technology impacts on teens and parenting techniques.

The course covers:
- developmental tasks of adolescence
- communicating with teenagers
- minimising conflict
- managing yourself and your own needs
- maintaining your relationship
- advantages of the changing technology
- possible pitfalls of the changing technology

Cost: $10 per person (or a contribution you can afford)

For further information or to register contact 6333 8888