



ENGAGING ADOLESCENTS

Feel empowered to connect in challenging conversations with your teenager while maintaining healthy boundaries.

Over this three-week workshop. We will explore effective approaches for navigating challenging and tough conversations with your teenager by addressing boundary pushing behaviour, promoting respectful communication, and nurturing family engagement.

The workshop provides practical strategies that you can begin implementing immediately.

3 consecutive Mondays
13, 20 & 27
October
12:30 - 2:30

At Bellingen
Youth Hub
2 William Street
Bellingen NSW

Livable events are **FREE** and childcare is available at no cost.



BOOKINGS ESSENTIAL

1800 289 927 **LIVABLE.ORG.AU/EVENTS**

Livable Family and Relationship Services is funded by the Department of Social Services.

