



CONNECTING *Teen Years*

Learn how to support your child's emotional resilience as they grow into adolescence.

Discover practical ways to stay connected, navigate mood swings, communicate effectively and strengthen your relationship as your child becomes a more independent teenager.

Tuesday
8 & 15 September
10am - 12pm

At Livable:
Suite 2, 30A
Orlando Street
Coffs Harbour

Livable events are **FREE** and refreshments are provided.



BOOKINGS ESSENTIAL

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

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

