



# Inside Their Heads – Understanding Teenagers

This course is for families experiencing separation

**A FREE workshop for Parents and Carers. Come along and learn about:**

What's happening for today's teens

The task of adolescence

Adolescent brain development

Setting boundaries

Communication that encourages two-way respect and understanding

**Time:** 1:00pm – 3:00pm  
**Date:** Wednesday 1 March 2023

**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](mailto:registrations@centacare.org.au)**

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[www.centacare.org.au](http://www.centacare.org.au)