



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: 1:30pm – 3.30pm
Date: Thursday 23 November 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**

This project is jointly funded by Centacare Catholic Family Services and the Department of Social Services

www.centacare.org.au