

Parenting Through the Ups and Downs of Adolescence

TERM THREE: Wednesday September 19th 2018 6pm-7.30pm

A seminar for parents of high school students discussing:

- **Ways that adolescents may behave when experiencing intense emotions**
- **Responding to self-harm behaviour**
- **Parent strategies and tips to help parents remain calm and be a resource for their adolescent**



- **To register please call CYMHS on 9485 6155**
- **VENUE: Hillview Community Health Centre 1334 Pacific Highway Turramurra. Entry via Boyd Ave.** Please allow enough time for parking and arrive 10 minutes before the registered start time.
- Unfortunately, we cannot provide childcare facilities and are unable to have infants/children attend with their parents.
- The seminar is available to families who live in the Hornsby Ku-Ring-Gai local government area.
- The cost of the seminar is \$10. There will be no charge for concession card holders.
- Registration is essential as groups fill quickly.
- Participants will be asked to complete feedback forms.
- The service reserves the right to postpone or cancel seminars in the case of insufficient registrations.