

Parenting Through the Ups and Downs of Adolescence

Monday 4th November 2019 5.30pm-7.30pm

A seminar for parents of high school students focusing on:

- **Understanding Adolescent Development**
- **Challenges of Parenting Adolescents with strong emotions, including self-harm and suicidal ideation.**
- **Strategies and tips to help parents remain calm and be a resource for their adolescent**



- **To register please call CYMHS on 9485 6155**
- **VENUE:** Hornsby Hospital Meeting Room 1 near Gate 1, Reception/Switchboard, entry via Palmerston Rd.
- 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. Correct money would be appreciated. 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.