

Child + Family Services

# ENGAGING ADOLESCENTS



Engaging Adolescents is a three-week program that provides parents with easy and practical skills to help steer their teenagers through adolescence and manage their emotional reactions and behaviours.

Parents will learn:

- to understand adolescence development
- to identify 'normal behaviour'
- how to set reasonable expectations
- how to assist teenagers to manage their emotions
- how to build a stronger relationship
- how to encourage healthy habits (such as technology use and sleep)
- skills for navigating tough conversations.

## REGISTER YOUR INTEREST

Kate Evans (social worker)  
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Research shows that positive parent/child relationships:

- improve adolescent mental health
- lessen depression and anxiety
- encourage less risky behaviours (such as suicidal ideation, substance abuse and internet addiction)
- improve academic achievement
- support the development of emotional regulation in children and young people.

**When:** Thursday nights (3-week Program)  
13th of May - 27th of May

**Time:** 6.30pm - 8.30pm

**Venue:** STEM Centre, Modbury High School

**Address:** 62 Pompoota Rd, Modbury SA



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UnitingCare Wesley Bowden