This 6 week program will provide you with practical, effective ways of communicating with your teens

We will explore how to........

- Resolve conflicts constructively
- Stay connected through the ups and downs
- Engage your teens cooperation
- Empower teens to develop a healthy self-image
- Maintain mutual respect and understanding

**Time:**
12:45pm—2:45pm

**Date:**
Monday, 11 August 2014

**Contact:**
9528 2933 ext 101

**Venue:**
Sutherland Shire Family Services
90 Soldiers Road Jannali

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**No Cost! Places are limited!**

To register please fill in the form with your contact details and return it to us or call us on the above numbers to register your attendance.

Name: ____________________________

Address: __________________________

Phone Number: ______________________

Age of Children: ____________________

Please return to 90 Soldiers Road Jannali NSW 2226 or email yaf@ssfs.org.au