

Surviving My Teenager

An 8 week parent group to help and support you with the challenges and questions you may face while parenting your teen.

Learn and share with parents and whānau who are facing similar issues, sparking ideas and hearing up to date knowledge and advice from facilitators who work in the mental health field with today's youth.

What To Expect:

- Covering topics such as: gender/sexuality diversity, drug and alcohol issues, brain development, anger, family harm, communication and attachment.
- Sharing of common experiences.
- Support from one another as well as facilitators.

Contact Details:

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When & Where:

Every Wednesday 26th Feb -

9th April

6.30 – 8pm

Odyssey House,

98 Greers Rd, Burnside

Barry Rich Room.

This will be a set group with a limited number of spaces available, so make sure to get in quick and contact us with your interest.