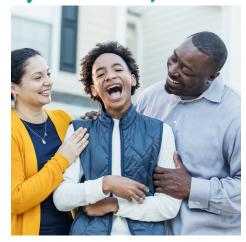
Family Support Newcastle and Samaritans invites parents and carers of young people aged 10+ to this FREE 6 week group:



Samaritans





WHEN

Mondays 5:30 - 7:30pm

DATES

23rd October to 27th November 2023 WHERE

Online

Discussion include:

- Develop new ways of talking with and understanding your teen
- Support your teen to manage difficult emotions
- Develop your teen's skills in managing conflict
- Being kind and caring to yourself
- Join online from the comfort of your home

to register or enquire call Rachelle on 0407 891 650 or Mark on 0491 060 916





