

Family Support Newcastle and Samaritans invite parents and carers of young people aged 10+ living in Newcastle, Lake Macquarie and the Hunter to this

FREE 6 week group:

Samaritans

Tuning in to Market Tuning in to Market Tuning in to Market Teens





WHEN

Mondays 6pm - 8pm DATES

4th August to 8th September

WHERE

73 Elgin St Maitland Wonnarua Country

Discussions 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
- Connect with other parents and caregivers
 To register or enquire call
 Mark on 49 263 577 or

0491 060 916







