



Richmond Community Services Inc. in partnership with Windsor Professional Centre is pleased to be able to offer a **FREE 3 week ongoing group**

Teens—Breaking Down the Wall!

For parents of teenagers

Are you feeling disconnected with your teenager? These 3 FREE ongoing workshops will provide helpful strategies to optimise healthy relationships as your child transitions towards young adulthood.

SESSION 1: Understanding your teenager.

SESSION 2: Skills and strategies for a calmer home, communication and conflict resolution.

SESSION 3: Keeping the relationships positive and looking after yourself. Resources for the future.

3 x Wednesdays: 6.30-9pm

7th March, 14th March & 21st March 2018

BOOKING ESSENTIAL! 02 4588 3555

Email: admin@rcsi.ngo.org.au

At: Richmond Neighbourhood Centre

20 West Market Street, Richmond, NSW 2753

