

FREE

Tuning in to Teens Parenting Program

Create calm in chaos - be the foundation for their success

Navigating the challenges of adolescence can be impactful.

Join us to explore strategies that build trust and resilience, empowering your teen to face life's hurdles with confidence and support.

Online

When: Tuesdays

4th, 11th, 18th, 25th March & 1st April

Time: 6:00 PM – 8:00 PM

Email: rachael.a@bfcc.org.au

Bookings Essential

This program is run by qualified & experienced parenting/family support facilitators

Guide with empathy, empower with understanding

See them excel



**Botany Family &
Children's Centre**

