Would you like to learn how to:

- Communicate effectively with your teenager?
- Understand your teenager?
- Help your teenager with emotional intelligence and managing emotions?
- Prevent some teenager behaviour problems?
- Teach your teenager to deal with conflict?

**Brookvale**

VENUE: headspace Brookvale  
Level 2 Brookvale House, 1A Cross Street, Brookvale  
DATES: Mondays 31st July - 28th August 2017 (5 sessions)  
TIME: 6.30pm - 9.00pm  
COST: $150 (subsidised rates available re: financial difficulty)  
BOOKINGS ESSENTIAL: Contact 02 9937 6500

**Chatswood**

VENUE: Chatswood Community Health Centre  
57 Hercules St, Chatswood  
DATES: Thursdays 17th August - 14th September 2017 (5 sessions)  
TIME: 7.00pm - 9.30pm  
COST: $150 (subsidised rates available re: financial difficulty)  
BOOKINGS ESSENTIAL: Contact 02 8021 3668

The 5 session course will be facilitated by a qualified Parent Educator from Child and Adolescent Parenting, Northern Sydney Local Health District