

SURVIVING ADOLESCENCE TOGETHER

Are you a parent or carer of a teenager?

Are you looking for some information or support in parenting your teenager?

Are you concerned about how your relationship with your teenager is changing?

WHAT'S THIS COURSE ABOUT?

Surviving Adolescence Together is a parenting course that aims to support parents/ carers through one of the greatest transitions a family must face. This course is designed to help you understand and respond proactively to the challenges of adolescence, and to help strengthen your relationship with your teenager.

We all want teenagers to make it through adolescence safely and to develop into great adults. Yet, there are many factors that influence our teens for good and bad. Extensive research has shown that the most protective factor in helping teens develop into resilient adults is a close, supportive relationship with a parent or carer.

Even though you may not feel it now, we believe the parent - teen relationship is key in helping families survive adolescence together.

TOPICS COVERED

Through information sharing, exercises and group discussions we will explore:

- Adolescent development and changes in the brain
- How are relationships protective?
- The risks teens face and how it can all go wrong
- The struggles parents face in coping with all this
- Reflecting on parenting styles
- How parents and teens push each others buttons
- How to positively influence your teen and the roadblocks to this
- Practical strategies to reduce conflict, increase relationship connection and build your 'relationship bank account' to influence your teen and help them make wise choices.



COURSE INFORMATION

COST:

DATES:

TIME:

ADDRESS:

(these are not separate seminars)

CONTACT

Please call or email Steve at
steve@stevemarriott.com.au

m) 0429 190 210

Bookings are essential

ABOUT

Steve Marriott - family therapist/ social worker, has been working with youth and families for over 15 years supporting them to nurture close relationships, and helping them to overcome personal and relationship difficulties.



Steve Marriott

MSocWrk, MA (Coup & Fam Ther), AdvDip (Systemic Ther), Dip (Ind, Coup & Fam Ther)

Individual Psychotherapy / Counselling, Couple Therapy / Counselling

Family Therapy, Systemic Change Facilitator