



Free workshop for caregivers of teens & pre-teens

Building Bridges ... With your Teen

Want to have more fun & strengthen your connection with your teen?

Maybe explore strategies for boundaries as your teen matures?

What are day-to-day ways we can guide young people on the road to a healthy adulthood?

Join SACY facilitators for a friendly and relaxed evening. We'll explore some of the science behind teen development: social, emotional and intellectual. We'll look at practical ways to support healthy decision-making and keep family relationships strong in the teen years.

Come early for refreshments and to meet other parents in the community

6:45 refreshments & resources

7:00 – 9:00 pm

Wed Oct 23₂₀₁₉

**Gladstone Secondary School
Staffroom**

Register at

www.sacy.eventbrite.com

