



TUES 4 JUNE

7:00 TO 8:30PM

PARENTING AN

ADOLESCENT

In this one-off group sessions, one of our psychologists shares what we know works in navigating this tricky stage

Belinda Seymour-Wright is mum to a 16-year-old. She has over 20 years' experience as a psychologist, more than 8 of those working with really challenging teens. She currently works with adults, children and adolescents here at United Minds Community Services.



UNITED MINDS
COMMUNITY SERVICES

**What is happening
in the teenage
brain**

**Learn the one
skill your teen
most wishes you
had**

What works

**What are the
challenges**

**\$30 with funded
places available**

**UNITED MINDS
COMMUNITY SERVICES**

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Or

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to book