

MOODWATCHERS.COM PSYCHOLOGIST

SHANE MARTIN TALKS TO PARENTS ABOUT...



PARENTING TEENAGERS NEGOTIATING THE MINEFIELD WEDNESDAY 24TH FEBRUARY LORETO BEAUFORT ASSEMBLY HALL

The teenage years are like a minefield. Young people struggle with hormones, physical and emotional change, peer pressure, exams and many other stressors as they seek their own identity as an emerging adult. For parents, it often proves difficult to get the balance right – between over or under-involvement in the lives of their teenage children. The reality is that parents have a vital role to play in the positive development of their children during these vital years. Our guest speaker, Shane Martin will explore the dynamics of this relationship and offer guidance on the challenges of parenting during the teenage years.

**STARTS
@8.00PM**