Direction Psychological Services presents a Mental Health Week event.

Parenting teens the positive way!

Join us as we present a formula for promoting positive family relationships with teens. Stick around for a Q&A with our psychologists on common teen mental health issues.

Saturday 15th October, 10-12

Direction Psychological Services invite parents in the community to attend this low cost event that aims to promote mental wellbeing in teens and positive parenting.

The Triple P-Positive Parenting program aims to make parenting easier and more enjoyable. Parents learn how to use positive parenting to promote their teenager’s growing independence while ensuring their health and wellbeing. For this special Mental Health Week event, Direction Psychological Services will be presenting Seminar 1: Raising Responsible Teenagers, which introduces parents to a formula for promoting positive family relationships and a healthy lifestyle. Key ingredients are encouraging teenagers to be involved in family decision-making, being respectful and considerate, being involved in family activities, having a healthy lifestyle and being reliable and assertive.

PLUS....

Psychologists from Direction Psychological Services will also be there on the day providing advice and resources on how to deal with issues such as social media and bullying, teen depression, anxiety, and self harm.

When: Saturday 15th October, 2016
Where: TBD
Cost: $10 pre pay or $20 at the door (if available) per person. Limited places!
Refreshments and resources offered on the day.
Queries: contact Jess at groups@directionpsychology.com
Book your place: http://www.directionpsychology.com/group-and-workshops/child-program/