

Parenting Group: Connect with your Teenager



Why can't you give me some privacy?
Why must I always listen to you?

Do these interactions sound familiar? Learn how to understand teenagers as they navigate difficult developmental changes. It's important for parents to maintain a healthy connection as children mature into adulthood.

Come join us as we integrate elements of Attachment Theory, Emotion Coaching and Adolescent Developmental Stages. We are happy to help you reconnect through our in-house workshop in March.

- **Week 1** (3rd March) :
Understanding Secure Parenting
- **Week 2** (10th March) :
Looking inward at our own emotional triggers
- **Week 3** (24th March) :
A peek into the world of Adolescents
- **Week 4** (31st March) :
Let's Connect

Who is this for?

Parents with teenage children aged 11-15

When: Fridays 5-7pm in March

Where: Reconnect @ 321 Orchard Road, Orchard Shopping Centre #08-06

Facilitators: Evonne Lek (qualified family therapist) & Seah Lay Kian (registered counsellor)

Cost: \$600 per person, or \$1000 per couple

Register by WhatsApp on +65 86990568
or scan the QR code to get it touch

