



## GETTING INSIDE THE TEENAGE BRAIN



An informative seminar for parents, carers and grandparents providing insight into adolescent behaviours and some strategies to live with and influence your teenager.

**Date:** Wednesday 16 October 2013

**Time:** 7.00PM - 9.00PM

**Venue:** Southern Cross Terrace  
Tradies Gynea, Manchester Rd Gynea

**Cost:** Donation of \$20 per family payable on the evening, with proceeds to prevent youth homelessness.

**Booking:** Online booking essential. Go to [www.sutherlandshire.nsw.gov.au/teenagebrain](http://www.sutherlandshire.nsw.gov.au/teenagebrain)

# PARTNERSHIPS IN THE COMMUNITY SECTOR

Parenting Teenagers is an important and often challenging responsibility. It can also be a rewarding, fulfilling experience.

Come along and hear about the most recent findings about brain development and its many changes through adolescent years.

Take away some strategies, links to great local support services and a free gift for parents who attend, the handbook *Parenting Teenagers - Do other parents feel like me?*

## **Presenters:**

**Yvonne McDonell** Experienced family therapist working in Sutherland Shire.

**Brian Tranter** Manager Bridge Youth Services Inc, providing emergency accommodation and casework for young people.

Tradies Gymea is an accessible venue. Free parking is available at the Club.

All enquires about this seminar  
Tel: 9521 5130.

