





PARENTING TEENS

For parents of adolescents
aged: 12 - 18

 [02 8978 0600](tel:0289780600)

 www.btpsychology.com.au

PARENT WITH PURPOSE

-  Gain insights into the intricate world of adolescent brain development
-  Understand your teens social and emotional needs
-  Learn how to effectively support your teen
-  Discover opportunities for connection

OUTCOMES

Understand the role of anxiety

How anxiety can affect teenagers

What is contributing to teenage mental health

Tips on supporting teenagers

Presenter:

NARMI THILLAINATHAN

Clinical Psychologist, Academic,
Founder - Breakthrough Psychology



Narmi, a renowned Hills District clinical psychologist, explores the root causes of mental health concerns in teenagers and imparts valuable insights on how parents can provide the best support for their mental well-being.



BOOK NOW 