



Richmond Community Services Inc. in partnership with Windsor Professional Centre is pleased to be able to offer a **FREE** group for parents/primary carers

Helping Teens with Risky Behaviours

This group is for parents under stress due to their teen engaging in risky behaviours including experimentation with drugs, unsafe sex and school refusal. The group will give parents support and ideas about how to address these issues and maintain their relationship with their teens through the difficulties into adulthood. The group will cover:

- Understanding the needs of teens
- How to use consequences/rewards effectively
- Communication styles and strategies to deal with difficulties
- Safe ways to de-escalate aggression and resolve conflict
- Addressing the risks to younger children in the home
- When to call in extra help – police, health and other services
- Looking after your needs as a parent

Wednesday 16th August 2023—6.30-9pm

BOOKING ESSENTIAL! 02 4588 3555

Email: admin@rcsi.ngo.org.au

**At: Richmond Neighbourhood Centre
20 West Market Street, Richmond, NSW 2753**



WINDSOR
PROFESSIONAL CENTRE

