



Parenting Tweens and Teens

Cockburn Parenting Service

Part of South West Metropolitan Parenting Service

Term 2 2026

Join us for this six-week Bringing Up Great Kids Parenting Adolescents program created by Australian Childhood Foundation.

Stay connected to your tween/teen and support them to develop independence.

Topics include:

- Understanding brain development
- Recognising the meaning behind behaviours
- Working with individuality and boundary-pushing
- Communicating effectively and addressing unhelpful attitudes
- Reflecting on our parenting practices
- Managing parenting stress and help seeking if needed

Ideal for parents/carers with children 10 to 18.

Registration is required.

Supported by



Cockburn Youth Centre,
25 Wentworth Parade, Success
6164



Wednesdays 6.30 to 8.30pm
29 April to 3 June
Six sessions in total



Free
Snacks provided



Cockburn Parenting Service
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