As part of our Wellbeing Week (Sept. 7-11), we’re inviting parents to attend an informative, interesting, authoritative, and at times humorous discussion of a topical subject!

Navigating Adolescence

A Parenting Talk about How Parents Help and How Parents Hinder

Adrian McMaster is a local psychologist raising a teenage family of his own. Adrian has many years’ experience working with parents, adolescent boys and girls. Join us for the evening as Adrian shares what he learns when he talks to kids like yours about the things mums and dads do that help - and even some of the things that make life harder at home.

Adrian speaks in plain English and calls a spade a spade when it comes to the way people relate to their children. His talk is sure to provide you with useful tips to help you support your kids from childhood to adulthood.

Tuesday, 8th September at 7:00pm - Senior Campus Library
Gold coin donation towards the Fred Hollows Foundation
Session runs about 1 hour with a brief Q & A at the end