



BABI
Youth & Family
Service
Established 1983

**NEW morning
time slot!**

PARENTING &

ENJOYING TEENAGERS

A relaxed, informative & enjoyable group program
for **parents and carers of children 10yrs+.**

Topics covered:

- Adolescent development and challenges of parenting
- Highlighting and building on strengths
- Using effective and assertive communication
- Understanding neurodivergence (ADHD/ASD)
- Improving life balance and encouraging self-care
- Regulating emotions - yours and your teenagers!
- Navigating sex, alcohol, drugs, driving, social media

SIX WEEK COURSE MONDAY MORNINGS

12 October - 16 November 2026

9.30 - 11.30am

34 Bay Terrace, Wynnum 4178

Register at: family@babi.org.au

What past participants had to say about the group...

"It was a great opportunity to learn more about my teenager, and myself."

"It was very informative and well run."

"It was very easy and comfortable to be yourself and talk about issues."

**Optional
donation of
\$60 per
person or \$90
per couple**

Support local youth.

Donate to BABI via QR code
or visit babi.org.au/donate.



This program is funded by the Queensland
Department of Families, Seniors, Disability
Services and Child Safety.



Please note that BABI is **not** a crisis service.

Ask for BABI's Privacy Policy to understand how your information is protected and how you can see and amend our information about you. You also have the right to include a support person, and the right to give us feedback.

