

# TAKING STEPS ON YOUR FAMILY'S WELLBEING JOURNEY

# PARENTING TEENAGERS IN A MULTICULTURAL CONTEXT

**Cantonese**  
**Tuesday 28**  
**October 2025**  
**6:30 - 8:00pm**



Parenting teenagers (kids over 12 years old) in multicultural families brings unique challenges but also rewarding opportunities for growth. This online Zoom webinar will help you:

- Recognise the signs of distress in your teens
- Communicate with your teens with empathy
- Understand your signs of stress as a parent
- Build resilience and strengthen connections within your family



**SCAN OR CLICK THE QR  
CODE TO REGISTER**

*“Empowering parents to take steps to navigate the teen years with confidence, connection, and compassion”*

**For more information, contact Jian Hua at [jianh@ransw.org.au](mailto:jianh@ransw.org.au)**

This webinar is a Mental Health Month Initiative coordinated in partnership with:



Northern Sydney  
Local Health District



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