

# TAKING STEPS ON YOUR FAMILY'S WELLBEING JOURNEY

## PARENTING TEENAGERS IN A MULTICULTURAL CONTEXT

English

Thursday 23

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 Elise Taylor at [elise.taylor@health.nsw.gov.au](mailto:elise.taylor@health.nsw.gov.au)

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



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Local Health District



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