

TAKING STEPS ON YOUR FAMILY'S WELLBEING JOURNEY

PARENTING TEENAGERS IN A MULTICULTURAL CONTEXT

Mandarin

Wednesday 22

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

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



Northern Sydney
Local Health District



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