

# Parent Forums

Understanding your

# TEENAGER

6.30pm - 8.30pm

Ku-ring-gai Council and KYDS invite parents of teens to a series of forums

Ku-ring-gai Council Chambers  
818 Pacific Highway, Gordon

14 March Parents' Guide to enjoying the HSC Journey

23 May Give Peace a Chance: Creating family harmony

1 August Getting to REM: Adolescents and Sleep

24 October Strategies for Communicating Effectively with Adolescents

**\$5**  
ENTRY

**BOOKINGS REQUIRED**

**9424 0837** or [youth@kmc.nsw.gov.au](mailto:youth@kmc.nsw.gov.au)

More info: KYDS 9416 0900 or [kyds.org.au](http://kyds.org.au)

