



## Parenting a year 12 student:

How you and  
your daughter  
can thrive

**Everyone seems to say how difficult year 12 is for everyone!**

- What is anxiety really?
- What if anxiety is contagious?
- How do you become a strong anchor for your child?
- What will reduce anxiety?
- How can you teach your teenager to calm down?
- What do you know about the adolescent brain?
- You know about adolescent sleep patterns – but how do you improve them?

Do you remember being that age?

What did you need?

What does your year 12 daughter need?

What doesn't your daughter need?

This workshop could well be the way you change the rumours of year 12 being difficult for everyone – it could well be a time when your family thrives.

This interactive and practical workshop is presented by Fiona Griffith, Clinical Counsellor and PACFA accredited Supervisor. It is for **parents** who have a teenager in senior school, teachers, school counsellors and other helping professionals. This workshop can be adjusted for co-educational schools or boy's only schools

To REGISTER interest email: [counselling@fgriffith.id.au](mailto:counselling@fgriffith.id.au) or phone 0414 985 934