



Claire Eaton

Author, Speaker, Youth Coach

PARENTING CONNECTION WA
PRESENTS
CLAIRE EATON

RAISING TODAY'S TWEENS AND TEENS WITH CONFIDENCE

Claire will shine a light on practical social, emotional and mental wellbeing tools parents and caregivers need to raise and support resilient young people in our modern and rapidly changing world.

We welcome all adults who have an influence in adolescents' lives.

21 FEBRUARY 2022, 6.30PM - 8.30PM
PETER MOYES ANGLICAN
COMMUNITY SCHOOL
AUDITORIUM
[TRYBOOKING.COM/BXCDB](https://trybooking.com/BXCDB)

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[PARENTINGCONNECTIONWA.COM.AU](https://parentingconnectionwa.com.au)



Less stress, overwhelm, drama and anxiety...
More resilience, optimism and confidence needed to shine in high school and life!

Visit ClaireEaton.com.au



PARENTS AND CAREGIVERS WILL LEARN MORE ABOUT:

- Mindset and emotional regulation tools, to help teens believe in themselves throughout the ups and downs of high school.
- Mood boosting tips to empower teens to take care of their mental, social, and emotional wellbeing.
- Practical strategies to handle change, challenges, and success too.
- Simple techniques to increase productivity, manage time and create a balanced life.
- Building healthy friendships, dodging drama and staying true to themselves.

Supported by



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