



## SMART PARENTING WITH TEENAGERS



Ever Wonder...

- \* Why is it so hard to communicate with your teen?
- \* How to negotiate rules and boundaries?
- \* How to Teach Teenagers Responsibility?

Lets Face it.....

As Moms it must be at times frustrating, chaotic and overwhelming to handle our teenagers! Come join us for an interactive and enjoyable workshop for new ideas for understanding our teenagers better and be able to confidently handle them with love and respect & without/reduce the conflict and drama. Learn ways and tips to make your parenting more effective and more enjoyable and relationship with teens sweeter.

- Who** MOTHERS OF PRE TEENS, TEENS AND YOUNG ADULTS
- Where** MANDARIN GARDENS CONDO, FUNCTION ROOM, 13, SIGLAP ROAD, UNIT 02-01.(ABOVE THAI PAN RESTURANT)
- When** 18<sup>TH</sup> NOV, 10.30-12:00PM  
Registration: 10.15AM
- What** SMART PARENTING WITH TEENAGERS
- Why** TO HELP YOURSELF AND OUR KIDS TO ENJOY THE MEMORABLE YEARS WITH YOUR TEENS.

**Cost** FREE

**Register by : Email**  
[thewellbeingseries@gmail.com](mailto:thewellbeingseries@gmail.com)

**Webpage**

<http://thewellbeingseries.wix.com/mysite>

**Facebook**

The Well Being series

### Conducted By

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**Saloni Bajaj Singh** 25+ years of experience across industries, geographies and cultures. Currently founder of a consulting firm for impacting people. For More

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