

Teen Matters

for girls aged 14 to 16 years and their mother/carer



SESSION DETAILS

DATES

To Be Confirmed

TIME

5.30pm – 8.30pm

Supper provided.

VENUE

Central West Women's

Health Centre

61 Boyd Street, Kelso

COST

\$60.00 per pair

(Concession available for
financial disadvantage)

TO REGISTER

Contact Reception

T: 6331 4133

E: information@cwwhc.org.au

Supported with funding from
NSW Ministry of Health
(WLHD)

Join our two-week course supporting young women and their carers to learn together and navigate the changes and pressures that come with the teen years.

By learning together, young women and their Carers/mothers can strengthen their relationship.

Topics include:

- Self-respect and the impact of social conditioning on our self-esteem and wellbeing.
- Healthy relationships, sex, and consent.
- Body Esteem
- Online safety.



*Grow together in
confidence and knowledge*

