



MONASH University

Raising Resilient Teenagers: A Free Online Program for Parents

FREE online parenting program empowering parents to make sense of adolescence and parent their teenager with confidence.

As children become teenagers, it can be hard for parents to know the best way to stay connected with their child. Parents can play an important role in increasing resilience in their teenagers and protecting their mental health.

Researchers from Monash University and the University of Melbourne have recently developed a new online parenting program that offers practical strategies parents can use to manage the challenges of adolescence and stay connected with their teenager.

If you are a parent or guardian of a child aged 12 to 15, you may be eligible to participate in a free trial of the program. Participation will take a few hours of yours and your child's time, over 3 months. Both you and your child will be reimbursed for your time.

Find out more or register at: <http://www.parentingstrategies.net/depression.brief.intervention/>

Or contact the researchers at med-parentingstrategies@monash.edu or on (03) 9905 1250