

Life In Focus Events presents...

# Taming the Stress Monster in Adolescence

with Maggie Dent



Today's world is full of the immediacy of a busy life and it is impacting on our children and adolescents. This seminar for people who support adolescents explores the what, the why and most importantly the how of calming our children and especially our rapidly transforming adolescents. The bumpy ride to adulthood can be challenging at times. Maggie explores stress and ways for adolescents to understand and help each other to navigate big ugly feelings, "ANT" attacks (automatic negative thoughts), failure and disappointment. She also explores great ways to calm and relax that will help the adolescents you work or live with to study better, think better and take the high road rather than the low road on the journey to being an adult.

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- Venue:** Kennedy Baptist College Auditorium,  
Farrington Road , Murdoch , Western Australia 6150
- Date:** Wednesday 18th October 2017
- Time:** 7 – 9pm
- Cost:** Adults \$35 & Teens 14+ \$20
- Bookings:** Please book online at [www.trybooking.com/262108](http://www.trybooking.com/262108)
- Information:** Find us on Facebook at @maggiedentperth or at [www.bookmeformaggie.com](http://www.bookmeformaggie.com)
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