



Parents & Adolescents Sessions

January 17, 2024







NAVIGATING THE TEEN YEARS

SESSION - 1 UNDERSTANDING ADOLESCENCE AND AWARENESS FOR POSITIVE MENTAL HEALTH	DATE 17 th JANUARY 2024
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Adolescence, a critical period of development in every individual's life. It's characterized by physical, cognitive, emotional and social changes, which can be difficult to manage for parents and children alike. Join us to understand how to navigate through this period and promote positive development.

AGENDA FOR PARENTS 1:00 PM - 1:30 PM Understanding Adolescent Parenting 1:30 PM - 2:00 PM Understanding Your Teenage 2:00 PM - 2:30 PM Introduction to Positive Mental Health: "Awareness & Acceptance"	DR. SWATHI, MSW PhD, DCL, FPA, PhD MSW, FASW Consultant Adolescent Psychiatry	DR. RAGHISHI DEVAR MBBS, MD, D-Dr-Psych MBBS, CC, MCh, FRC Consultant Adolescent Psychiatry
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