



Dr. Catherine Frogley, D.Clin.Psy. (UK)  
CLINICAL PSYCHOLOGIST

Dr. Catherine Frogley is a Clinical Psychologist who has worked with children and families for over 10 years. Her expertise include parenting and attachment, childhood emotional and behavioural difficulties and developmental trauma. She works with families and/or individually with children, adolescents and adults. Dr. Catherine believes that family relationships form a key part of psychological well-being and resilience, and therefore is passionate about nurturing these within her work.



**ONLINE WEBINAR**

## BRIDGING THE GREAT DIVIDE: Understanding Your Tween & Teenager

**Date:**

**Time:**

This is a 45-min webinar followed by 15-mins for Q&A and discussion

### **ABOUT THIS WEBINAR:**

Parenting the teenager and pre-teen has been widely described as the most difficult and stressful time for families. The COVID-19 pandemic has added an additional layer of difficulties for adolescents and families, alike. This webinar will help you to better understand your adolescent and help you become a more considerate, compassionate, and competent parent.

### **ATTENDEES OF THIS WEBINAR WILL:**

- Gain insight into the inner world and stressors of the adolescent
- Identify the 'myths' and 'facts' of parenting an adolescent
- Understand the biological and neuro-biological changes during adolescence
- Learn communication tips to help you better relate (and react less) to your adolescent
- Understand the needs of your teens and how to support them through COVID-19



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#### **MEETING LINK:**

Instructions for how to join this webinar will be shared separately in advance.