



the northern centre
care. connect. grow. our community



Who are we?

The Northern Centre is a non-government organisation and registered charity. Our mission is to help grow resilient and thriving communities while strengthening individuals. We work collaboratively with families and individuals of all ages to support and help build healthy lives. We offer services, in confidential settings in West Ryde and St Ives.

At The Northern Centre, we understand raising a family can be challenging, particularly as your child transitions into adolescence.

We offer individual support or can work with the family as a whole as you navigate your role as a parent/carer of a teenager.

Through personalised case management and counselling our Family Workers can provide assistance in the following ways:

- Supporting school engagement
- Developing skills around emotion coaching through the Tuning in to Teens Parenting Program
- Exploring family dynamics and working on strategies so that family life is more stable during what can be turbulent times
- Tips and strategies on managing 'screenagers'
- Providing information and resources around youth related services and activities, youth related health issues, etc.

We work closely with school's wellbeing teams and other services that you may be connected to, to ensure an individualised approach is provided for your situation.

Tuning in to Teens Parenting Program

Learn how to help your teen develop emotional intelligence so they:

- Are more aware, assertive and strong in situations of peer pressure
- Have greater success making friends and managing conflict with peers
- Are more able to cope when upset or angry
- Have more stable and satisfying relationships as adults
- Have greater career success

Contact us for further details and upcoming workshop date/s.