



Media Release

16 February 2018

Parenting help: Raising grateful teens

Parents of young people can learn the art of raising grateful teens at a free presentation to be held in March.

CEO of Enlighten Education and renowned author, Dannielle Miller will share ways to encourage a positive outlook in young people.

“The fast paced, consumer focused, technological culture of today can make it difficult for families to focus on their emotional health,” said Mayor Lara Symkowiak.

“Parents want their children to be happy and are often faced with the challenge of meeting their needs,” Cr Symkowiak said.

Ms Miller will share ideas from her book, *Gratitude – A positive new approach to raising thankful young people*, to foster thankfulness and develop a greater happiness, stronger social bonds and support networks.

Ms Miller has been named Australian Small Business Champion for Children’s Services and was a finalist for an Australian Human Rights Commission Business Award.

The session will be held at **6pm, Monday 12 March** upstairs at Narellan Library and is suitable for adults and young people aged 11-19 years.

Light refreshments will be provided. Bookings can be made on the website:
www.library.camden.nsw.gov.au/bookings.

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