

FREE

Tuning in to Teens

Tuning in to Teens - 6 sessions - FREE

A six-session parenting program for parents of adolescents aged 12-24.

Would you like to learn how to:

- be better at talking with and understanding your teen?
- help your teen learn to manage their emotions and help to prevent behaviour problems in your teen?
- teach your teen to deal with conflict?

Teens who develop emotional intelligence:

- are more aware, assertive and strong with peer pressure
- make positive friendships and handle conflict better
- are more able to cope when upset or angry
- have fewer mental health and substance abuse difficulties
- have more stable and satisfying relationships as adults
- have greater career success



**Feb, Mar, April
Tamworth**

6 x Mondays: 28 Feb, 7,
14, 21, 28 Mar & 4 April
2022

10:30am - 1:00pm

Places are limited: Register by ringing

1800 372 826

or for more information ring the Facilitator, Meagan on

6762 9200