



# Tuning in to Teens

## Emotionally Intelligent Parenting

**A six-session parenting program for parents of adolescents**

**Would you like to learn how to:**

- Be better at talking with your teen?
- Be better at understanding your teen?
- Help your teen learn to manage their emotions?
- Help to prevent behaviour problems in your teen?
- Teach your teen to deal with conflict?

**21<sup>st</sup> February – 28<sup>th</sup> March 2019**

<b>Where:</b>	5 Phillip Street, Raymond Terrace
<b>When:</b>	Thursdays
<b>Time:</b>	12.30pm – 2.30pm



**To register contact:**  
4987 4674

**Bookings Essential**