



# 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?

**23<sup>rd</sup> May – 27<sup>th</sup> June 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**