



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?

24th October – 28th November 2019

Where:	5 Phillip Street, Raymond Terrace
When:	Wednesdays
Time:	12.30pm – 2.30pm



To register contact:
4987 4674

Bookings Essential