

Tuning In To Teens

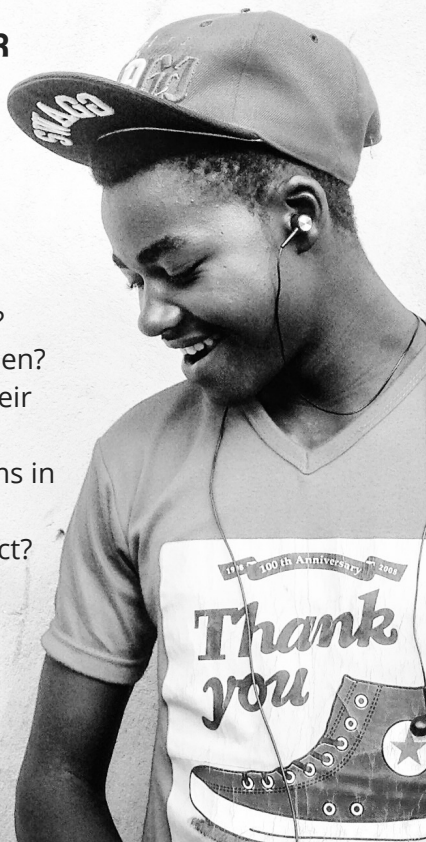
A SIX-SESSION PARENTING PROGRAM FOR PARENTS OF ADOLESCENTS

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?



PORT STEPHENS
FAMILY AND
NEIGHBOURHOOD
SERVICES



WHERE: 5 Phillip St, Raymond Terrace

WHEN: Thursday 18th Feb to 25th Mar 2021

TIME: 12:30pm - 2:30pm

HOW TO BOOK: Call 4987 4674 to register

Bookings essential