

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:

WHEN:

TIME:

HOW TO BOOK:

5 Phillip St, Raymond Terrace

Thursday 29th July to 2nd September 2021

12:30pm - 2:30pm

Call 4987 4674 to register

Bookings essential

