

Tuning In To Teens

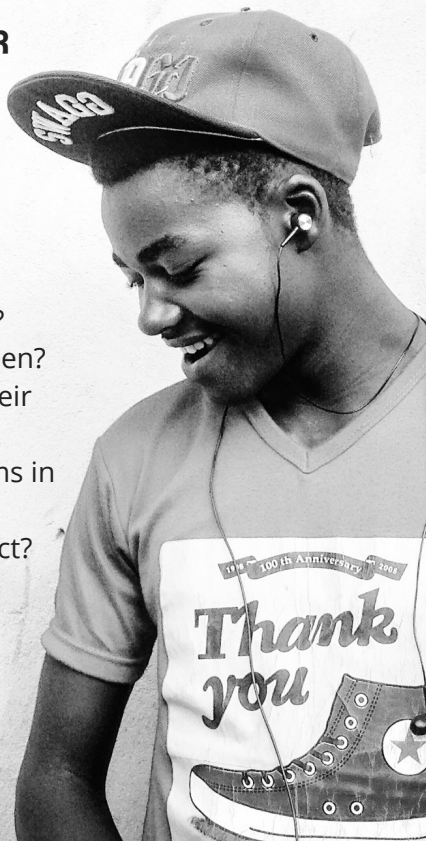
A SIX-SESSION PARENTING PROGRAM FOR PARENTS OF ADOLESCENTS

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:

3-5 Phillip St, Raymond Terrace

WHEN:

Thursday 23rd February - 30th March 2023

TIME:

12:30pm - 2:30pm

HOW TO BOOK: Call 49 800 800 to register

Bookings essential

