

# Tuning In To Teens

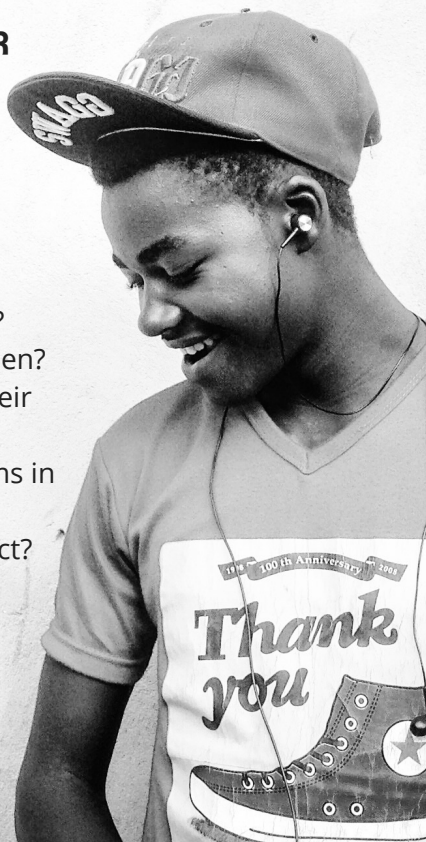
## A SIX-SESSION PARENTING PROGRAM FOR PARENTS OF ADOLESCENTS

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 10th August - 14th September 2023

**TIME:**

12:30pm - 2:30pm

**HOW TO BOOK:** Call 49 800 800 to register

Bookings essential

