



Tuning into Teens™ at headspace

EMOTIONALLY INTELLIGENT PARENTING

A FREE six session
parenting program for
parents and carers
of young people

Learn how to:

- Understand what they're going through at this stage in life
- Understand their emotions
- Manage conflict more effectively
- Communicate more effectively
- Create a closer more connected relationship
- Build on your skills as a parent.

Ask a headspace worker about
the Tuning in to Teens™ program
and other services this centre
offers family and friends.

