

Tuning in to Teens

Emotionally intelligent parenting



This free six-week program aims to help parents and carers of teenagers to understand their child's experience and connect with and support their child.

If you are a parent or carer of a teenager this program will help you to:

- understand what your child is going through at this stage in their life
- help your child manage their emotions
- communicate more effectively
- build a closer more connected relationship
- build on your skills as a parent.

Location	Date and Time	Cost
Via Zoom	Monday 12th February - 25th March 5.30pm - 7.30pm	This is a free program

To Register

Scan the QR Code or [click here](#)
Please register by Friday 9th February



For further information contact parenting team on 0457 279 796



Bookings are essential

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Please note this information applies to Term 1 2024