

Tuning into Teens

Emotionally Intelligent Parenting

A FREE six session parenting program for parents of teens

Parenting can be a challenge at times so would you like to learn how to:

- communicate more effectively with your teen?
- understand your teen better?
- help your teen to manage those difficult emotions?
- help to prevent behavioural issues in your teen?
- teach your teen how to deal with conflict more effectively?

Tuning into Teens shows you how to help your teen to develop emotional intelligence.

Research shows teens with higher emotional intelligence:

- have more stable and satisfying relationships as adults,
- are able to deal with peer pressure better,
- are more able to cope positively when upset or angry,
- have fewer mental health issues and substance abuse difficulties.



When

Tuesdays 6.30 pm — 8.30pm

4 February– 10 March 2020

(You will need to be available for all 6 sessions).

Where

headspace Knox.

2 Capital City Blvd, Westfield Knox Ozone, Wantrina South

Contact

Email leah.becke@headspaceknox.com.au or call 9801 6088 to reserve your place.