

Tuning in To Teens



For Mums, Dads & Carers of Teens (12-18 years)

Tuesday 20th February 2018

10am—12 noon
Runs for 6 weeks

Telopea Family Support
16 Shortland Street, Telopea

Childcare available for children under school age (0-5)
Must be pre-booked

Cost: Gold Coin Donation per week

Contact Kate on 9638 7955





Tuning in to Teens™ is a 6-session group parenting program that assists adults in:

- ◆ Developing awareness and regulation of their own emotions
- ◆ Building skills in recognising their teen's emotions
- ◆ Developing skills for managing emotional situations
- ◆ Responding to your Teen's anger, worry or sadness
- ◆ Skills in assisting Teen's in managing their emotions and problem solving
- ◆ Skills to teach your Teen to deal with conflict.



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