



# Tuning in to Teens Parenting Program

**"You are NOT alone!"**

Six session 'emotion coaching' program for parents and carers of young people aged 12 years and older.

## Would you like ...

- ✓ Strategies to talk with your teen?
- ✓ To understanding your teen more?
- ✓ Help with managing their emotions?
- ✓ Help in preventing behaviour problems?
- ✓ Help with your teen to deal with conflict?

## If YES - Program Details:



Begins: Tuesday  
14th February 2017



6.30pm - 8.30pm



Sacred Heart Primary  
School - Mercy Centre  
Hogan Street, Tatura



FREE program - Open to  
ALL members of the  
public

\* Bookings are essential as places are limited.



<https://www.facebook.com/PrimaryCareConnect>



For further information and registrations  
contact Joanne @ Primary Care Connect (PCC)



Enquiries & Registration  
(03) 5823 3200

Brought to you by Hume Region Parent  
Education Service and Sacred Heart Primary  
School