

Tuning in to Teens: Parenting Program

headspace Mildura are offering a free parenting program that aims to help you and your adolescent manage the many emotional challenges of this stage of life.

Tuning in to Teens is a six-week parenting program run one evening a week for two hours. The program is based on the concept of Emotional Intelligence, and will teach you how to manage your own and your adolescent's emotions in ways that help you to remain close and keep communicating. By learning these skills, you are less likely to have as much conflict within your family and your teen is more likely to talk to you about the challenging issues they face. These are factors that have been found to reduce the risk of mental health and substance abuse problems.

What is Emotional intelligence?

Emotional Intelligence (EQ) is about using your emotions to guide you through the world. It is about being able to use your own knowledge of emotions to make decisions, to calm yourself down, to manage anger and conflict, to help you in your relationships with people, to know what is happening in social situations, and to assist you in many aspects of life where you or another person are involved.

Why is Emotional Intelligence important?

Research has shown that adolescents with greater emotional intelligence:

- are more aware, assertive and strong in situations of peer pressure
- have greater success with making friends and are more able to manage conflict with peers
- are more able to cope when upset or angry
- have fewer mental health and substance abuse difficulties
- have more stable and satisfying relationships as adults
- have greater career success - Emotional Intelligence may be a better predictor of academic and career success than IQ.

When parents focus on helping their teen learn about emotions, the young person is more likely to have higher emotional intelligence. In this parenting program we will teach parents what to do to help these skills develop, and in doing so we expect teens to manage adolescence better.

Would you like to find out more?

If you have any questions, please feel free to contact Sandy Guthrie on 5021 2400 or my.headspace@headspacemildura.com.au

If you are interested in participating in this parenting program, please complete the Expression of Interest form and return to: headspace Mildura (2/125 Pine Avenue, Mildura) or by email my.headspace@headspacemildura.com.au