



Tuning into Teens[®]

A free program for parents and carers of young people aged 10 to 18 years old.

Would you like to:

- Better understand your teen?
- Communicate effectively with your teen?
- Help your teen manage their emotions?
- Prevent behaviour challenges in your teen?
- Support your teen to manage conflict effectively?

Our six to eight week Tuning into Teens[®] program teaches parents how to help their teen develop emotional intelligence.

Teenagers with higher emotional intelligence:

- Have more stable and satisfying relationships
- Are better at managing peer pressure
- Are lower risk of mental health and substance concerns
- Have greater success making friends
- Are more able to manage conflict
- Have greater career success

Where: Online via Zoom

When: Wednesdays, 12th February - 2nd April 2025

Attendance at all sessions is essential

Time: 4:00pm - 6:00pm

Cost: FREE

Suitable for: Parents with children aged 3 - 10 years

Eligibility: Families residing within the Bayside Peninsula region

Registration: To access the Group Work Registration Form, please visit <https://www.familylife.com.au/early-help/> or scan the QR Code



For further information please contact:

 (03) 8599 5433 or  earlyhelp@familylife.com.au www.familylife.com.au

