



Tuning in to Teens™ (Narre Warren)

A six-session parenting program for parents or carers of adolescents aged 10 to 18 years.

Tuning in to Teens helps guide parents through a five stage emotional coaching program. This program offers parents an alternative parenting style to help improve communication and emotional awareness.

Throughout the program we will cover a range of topics, including:

- Improving conversations with your teen
- Helping prevent behavioural challenges through emotional coaching
- Managing adolescent emotions, worries and anxieties
- Encouraging emotional intelligence to help deal with conflict and improve relationships

Cost
Free

Date
Every Monday
21st October- 2nd December
(No group: 4th November)

Time
10am until 12:30pm
Light refreshments will be served

Venue
Uniting
53-55 Webb Street
Narre Warren VIC 3805

Bookings Essential



<https://forms.office.com/r/ERZsQqpnQe>

Please call the Group Workers on **03 5990 8400** to register or email:
groupwork.south@vt.uniting.org

unitingvictas.org.au

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