



# Tuning in to Teens™

**A FREE program for parents  
with children aged 10-15.**

## What can this group help with?

This group runs for 6 sessions. It will:

- help you understand your child's feelings like anger, sadness or anxiety
- help you understand your child's behaviour
- help you have a better relationship with your child
- help your child to learn better at school
- help your child to have good relationships.

## Who runs the sessions?

Annabel Darbyshire and Sally-Anne Jovic,  
from Yarra Family, Youth and Children's Services.

## Who is this program great for?

Parents from diverse backgrounds who have  
children aged 10-15.

You need to understand basic English.

Tuning in to Teens Flyer 23028a | [www.rav.org.au](http://www.rav.org.au)

## When

9am - 11am on Mondays in 2023

- 16 October
- 23 October
- 30 October
- 13 November
- 20 November
- 27 November

It is important to come to all 6 sessions.

Please note: There is no session on  
Monday 6 November because of  
Melbourne Cup.

## Where

Yarra Youth Centre  
156 Napier Street, Fitzroy

## How much does it cost?

This group is free to attend.

## More information

To find out more, phone:

- Naomi Gilbert, Relationships Australia Victoria, on **0488 688 908**.
- Badria Mustafa, Fitzroy Primary School on **9417 4222**.

Relationships Australia Victoria  
provides this program as part of the  
Yarra Communities that Care initiative.