

FREE

CatholicCare
DIOCESE OF BROKEN BAY

TUNING IN TO TEENS

EMOTIONALLY INTELLIGENT PARENTING

6 week course for parents of teenagers

PCYC - Multipurpose Room
40 Kingsway Dee Why
Fridays 27 Feb, 6, 13, 20, 27 Mar
10.00am - 12.00pm



This program will provide you with skills in emotion coaching and help you recognise, understand and regulate, in order to work through your young person's emotions. It focuses on the development needs of teenagers and how to respond to their needs when being rejected or pushed away.

Please note: this program is funded for parents residing in these LGAs only - Hornsby, Ku-ring-gai, Willoughby, Lane Cove, Mosman, North Sydney and Northern Beaches.

[CLICK HERE TO REGISTER](#)

OR

[SCAN HERE](#)



**MORE INFO &
BOOKINGS**

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