

TUNING IN TO TEENS

EMOTIONALLY INTELLIGENT PARENTING



5 SESSION PARENTING COURSE FOR PARENTS OF TEENS

Would you like to learn how to:

- Communicate effectively with your teenager?
- Understand your teenager?
- Help your teenager with emotional intelligence and managing emotions?
- Prevent some teenager behaviour problems?
- Teach your teenager to deal with conflict?

VENUE: Chatswood Community Health Centre

57 Hercules St, Chatswood

DATES: Mondays 13th August - 10th September 2018 (5 sessions)

TIME: 6.30pm - 9.00pm

COST: \$150 - subsidised rates available re: financial difficulty

REFRESHMENTS PROVIDED

BOOKINGS ESSENTIAL:

PH: 8877 5376

The 5 session course will be facilitated by a qualified Parent Educator from
Child and Adolescent Parenting, Northern Sydney Local Health District



Health
Northern Sydney
Local Health District



headspace
Chatswood