

Ever feel that 'my teen won't listen to me'....

Or ...'Emotions can run high at our house'?

You are not alone!

Come and join us at the:

'Tuning in to Teens' Parenting Program

*Come and join us for this **6 session** program for
parents/carers of young people aged **12 years and older***

Would you like :

- strategies to talk with your teen?
- to understand your teen more?
- help your teen learn to manage their emotions?
- help to prevent behaviour problems in your teen?
- help teach your teen to deal with conflict?

Starting: Tuesday 8th November 2016 to 13th December 2016
Time: 1PM to 3PM
At: headspace Shepparton
129 High St, Shepparton

This is a free program.

Program is open to all members of the public

Bookings are essential as places are limited

**To register or for further information contact Joanne at Primary Care Connect
Tel: 5823 3200 or headspace on 5823 8800**

*Brought to you by Hume Region Parent Education Service and **headspace** Shepparton*