

Tuning in to Teens

ARE YOU ON THE SAME WAVELENGTH WITH YOUR TEEN?

A parent/carer's program in 6 sessions to help you tune in to the adolescent in your care.

Would you like to learn how to:

- » Be better at talking with your teen?
- » Be better at understanding your teen?
- » Help your teen learn to manage their emotions?
- » Teach your teen how to deal with conflict?
- » Help your teen develop their emotional intelligence?

Who: Parents and carers of adolescents

When: **Thursdays 9.30am - 12.00pm**
August 25th - October 13th 2016
(No sessions held during school holidays)

Where: **Narre Warren Mechanics Institute Hall**
59 Webb St Narre Warren 3805

Cost: Gold coin donation

Contact: Megan Clarke 03 5990 8400 (Bookings essential)



Connections

child, youth and family services

connections.org.au

