

Tuning into Teens

headspace Orange and CAHMS is presenting a 6 week course on emotionally intelligent parenting for parents of children aged 11 and over.

Would you like to learn how to :

- Be better at responding to your teen emotions?**
- Be better at talking with your teen?**
- Be better at understanding your teen?**
- Help your teen learn to manage their emotions?**
- Help to prevent behaviour problems in your teen?**
- Teach your teen how to deal with conflict?**

**5.30pm-7.30pm - August 13th, 20th, 27th.
- September 3rd, 10th, 17th**

BOOKINGS ESSENTIAL - SPACES LIMITED

**To book in please contact 02 6369 9300
hs.orange@marathonhealth.com.au**

**headspace Orange
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