



# TUNING IN TO TEENS

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## PARENTING PROGRAM

This program is for parents & carers who **feel frustrated, disconnected, or unsure how to handle** the **emotional ups and downs of raising a teenager**.

Over six weeks you will receive **strategies & tools** (not just theory) to improve communication, manage conflict, and strengthen your relationship with your teen. Based on the ***Tuning in to Teens***<sup>™</sup> program and **tailored** for **today's challenges**.

### Your Presenters



**Tara Watson**



**Michelle Galileos**

*Tara & Michelle are trained facilitators in the Tuning in to Teens<sup>™</sup> program and are experienced in working directly with teens and families. They deliver the 6-week program with evidence-based strategies and practical tips that work.*

[www.parentconnections.com.au](http://www.parentconnections.com.au)

### YOUR PROGRAM TOPICS INCLUDE:

- How to guide your teen through **anxiety, peer pressure, and substance use concerns**.
- Help your teen to **manage their emotions** and build resilience.
- Tips to handle the **changes in behaviour** and **prevent issues** from escalating.
- How to create a **more stable, positive** home environment and parent-teen relationship.

MORE INFO &  
BOOKINGS HERE



Or via this link



**TERM 3 & TERM 4 BOOKINGS OPEN**  
**LIMITED SPACES AVAILABLE**