Tuning in to Teens

Backed by evidence-based research, *Tuning in to Teens* will help you to develop skills to recognise and respond to your teenager's emotions.

Would you like to learn how to:

- better understand and help your teen navigate this important developmental phase

- strengthen your relationship with your teen

- coach your teen to manage strong emotions like worry, anger and sadness

- build your teen's problem solving, conflict resolution, and resilience skills

- help your teen develop positive and healthy friendships?

Tuning in to Teens is a six-session group program that teaches parents how to help their teen develop emotional intelligence

This key skill that can help them better cope with emotions, better engage in learning, have fewer mental health difficulties, and have more stable and satisfying relationships not only as teenagers, but also as adults.

Babies and children cannot be accommodated in the sessions.

> *"I feel so much more confident and better prepared in understanding my teenager's emotions. The course and teachers were fantastic! Highly recommended."*
> *- Parent participant*

Ideal for	Parents of year 7 to 8 students at Richmond High School.
When	6-8pm on Mondays in Term 2, 2019.
	• April 29; May 6, 13,20, 27; June 3
	Please note, all six sessions must be attended.
Where	Richmond High School 4 Griffiths Street, Richmond
Cost	$150 per couple. $100 per individual. Concession available on request.

Bookings and more information

Bookings are essential as the program is limited to 12 people. Visit www.tint-rhs.eventbrite.com.au and enter the password **tint** to reserve your place.

To find out more, contact:
James Taylor
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Communities That Care® Yarra

This program is provided by Relationships Australia Victoria (RAV) and being offered as part of the Yarra Communities that Care initiative.

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