

Tuning in to Teens®

Emotionally intelligent parenting - Six week group program

Join us for this six week program to learn how to:

- Understand and communicate better with your teen
- Guide your teen in managing emotions
- Teach your teen to deal with conflict
- Help prevent behaviour problems

Our Tuning in to Teens® program is designed for parents of adolescents aged 10-18 years.

The program teaches parents how to help their teen develop emotional intelligence.

Adolescents with higher emotional intelligence:

- Are more aware, assertive and strong in situations of peer pressure
- Have greater success making friends and are able to better manage conflict
- Are able to cope better when feeling upset or angry
- Have fewer mental health and substance abuse difficulties



Please scan to book:



Booking link:

<https://events.humanitix.com/tuning-in-to-teens-r>

For more information:

Email: joan.lauricella@healthability.org.au



9.30am - 11.30am



Wednesdays 29 October, 5 November, 12 November, 19 November, 26 November, 3 December



\$90 per adult, \$140 per couple, \$60 concession



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