



TUNING IN TO TEENS

A FREE 6 week Parent programme for parents and carers of young people aged 10 - 18 Years

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?
- Help prevent behavioral problems in your teen?
- Teach your teen to deal with conflict?

WHEN: Tuesday 24th April - 29th May

TIME: 10am - 12pm

WHERE: Sunbury Heights Primary School Hub,
Charter Road East, Sunbury

BOOKINGS: Booking are essential as places are limited

To Book: Contact Parentzone on 03 9465 0322 or email parentzone.preston@anglicarevic.org.au

