

## Tuning into Teens

### Emotionally Intelligent Parenting

*A free six-session interactive online parenting group  
for parents and carers of tweens and teens*

Please note: To be eligible to participate in this program you must reside in Banyule, Nillumbik, Darebin, Yarra or Whittlesea

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 to prevent behaviour problems in your teen?
- teach your teen to deal with conflict?

*Tuning into Teens* shows you how to help your teen develop **emotional intelligence**. Adolescents with higher emotional intelligence:

- are more resilient - this means change and stress are easier to deal with;
- are more aware, assertive and strong in situations of peer pressure;
- have greater success with making friends and are more able to manage conflict with peers;
- are more able to cope when upset or angry;
- have fewer mental health and substance abuse difficulties;
- have more stable and satisfying relationships as adults;
- have greater career success - Emotional intelligence may be a better predictor of academic and career success than IQ!

#### Feedback from previous participants:

- “It was really helpful in learning how to emotionally connect with my teen - being unjudgmental and reminding me that they are people with HUGE emotions that need support”
- “I found the resources to be extremely helpful - they are laid out well, with a clear guide on how to implement emotion coaching”
- “I found the element of coming together to practice emotion coaching (playing out hypothetical scenarios) to be really useful”
- “My teen talked more to me about what was going on for her when I tried the strategies”

**Where:** Online via video call (Zoom)

**When:** Tuesdays 11am – 1pm, from 29<sup>th</sup> October – 10<sup>th</sup> December (skipping Tuesday 5<sup>th</sup> November – Melbourne Cup Day)

**Contact:** To express interest, email Candice and Maddy from Integrated Family Services on [fsparentinggroups@berrystreet.org.au](mailto:fsparentinggroups@berrystreet.org.au)