



Tuning in to Teens

emotionally.intelligent.parenting

TERM 3: 2021

ONLINE PARENTING PROGRAM

Would you like to learn how to:

- Talk more effectively with your teen?
- Be better at understanding your teen?
- Prevent behaviour problems in your teen?
- Help your teen manage their emotions?

Risk taking behaviour can be common in adolescents, with potential varying pressures of substances use from alcohol to vaping and harder substances. This group will deliver the evidence-based Tuning into Teens parenting group based on emotion coaching with additional information and support around risk taking behaviours.

Teens with higher emotional intelligence:

- Are more aware, assertive and strong in situations of peer pressure
- Have greater success making friends and managing 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

WHEN: 4 August to 8 September

Wednesdays: 10:00am to 12:00pm

WHERE: Online via Zoom (link will be provided upon confirmation)

ENQUIRIES: Email: dayss@catholiccaredbb.org.au

BOOKINGS: <https://form.jotform.com/211311577412850>