



Brimbank
City Council

Tuning in to Teens

A free program for parents and carers of young people aged 10 to 18 years old.

Would you like to:

- Understand your teen?
- Communicate effectively with your teen?
- Help your teen manage their emotions?
- Prevent behaviour challenges in your teen?
- Support your teen to manage conflict effectively?

Our seven-week Tuning in to Teens program teaches parents how to help their teen develop emotional intelligence.

Teenagers with higher emotional intelligence:

- Have more stable and satisfying relationships
- Are better at managing peer pressure
- Have fewer mental health and substance abuse difficulties
- Have greater success making friends
- Are more able to manage conflict
- Have greater career success.

"It has made me a calmer parent and my child is calmer and we feel closer to each other. She is also better able to manage her behaviour."

"The practical resources to use at home make a real difference."

Register your interest for Term 1, 2021

When: Wednesdays 6-8pm
from 10 February to
24 March 2021

Where: Online via Zoom

For more information:

Brimbank Youth Services

 www.brimbankyouth.com

 **9249 4110**

 youthsupport2@brimbank.vic.gov.au



**BRIMBANK
YOUTH
SERVICES**

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BRIMBANK CITY COUNCIL

No
Charge