



## TUNING INTO TEENS

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### 6 WEEKS OF PARENTING INFORMATION FOR MUMS, DADS AND CARERS OF TEENS

**A FREE six week parenting course for parents and carers of adolescents aged 12-17 years. Tuning into Teens supports parents to build emotional intelligence in themselves and their teens.**

Those with higher emotional intelligence are:

- ❖ More aware, assertive and strong in situations of peer pressure
- ❖ Have greater success with making friends and are more able to manage conflict
- ❖ Better equipped 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

### Event Details

- When** Six weeks Friday 15<sup>th</sup> October 2021- Friday 19<sup>th</sup> November 2021  
12.30pm-2.30pm
- Where** Meerilinga, 219 Winterfold Road, Coolbellup
- Cost** Free. Tea/coffee and biscuits provided, please BYO lunch if required.

Please register by emailing [Susie.perkins@meerilinga.org.au](mailto:Susie.perkins@meerilinga.org.au) or [Belynda.smith@meerilinga.org.au](mailto:Belynda.smith@meerilinga.org.au) or calling 93312211.

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