

PARENTS AND FRIENDS PROGRAM

TUNING IN TO TEENS

Building strong relationships between parents and teenagers

**WEEKLY, STARTING NOV 5TH
THURSDAYS 4-6PM FOR 4
WEEKS
THE STATION, MURRAY
BRIDGE**

Tuning into teens is an evidence based program designed to champion emotional intelligence, to be facilitated by family practitioner Martin Gare, and cofacilitated by Megan Holmes and Pia Young from headspace

This program is free to access

Drinks and nibbles provided

Please call Pia on 8531 2122 to register your interest



WHAT IS TUNING IN TO TEENS?

We acknowledge adolescence presents new challenges for all parents and caregivers...

Tuning in to Teens integrates aspects of attachment theory, emotion-focused cognitive behavioural therapy, mindfulness, developmental theories of adolescence and the neuroscience on brain-behaviour relationships.

It aims to improve parent's emotional awareness, regulation and communication style and provide them with an opportunity to reflect on their own emotion socialisation experience. Tuning in to Teens aims to prevent problems developing and enhance emotional and behavioural functioning.

This program is facilitated in partnership by headspace and Lutheran Community Care in Murray Bridge.

