



## Tuning in to Teens

Would you like to learn how to:

- Understand your teen's emotions and help manage them?
- Be aware and manage your own emotions when parenting?
- Develop skills to assist your teen to be resilient and problem solve?

This program provides a number of skills and strategies to help with everyday parenting challenges, based on emotionally tuned parenting.

Facilitated by ParentZone Northern and Headspace Plenty Valley.

**DATE:** Tuesday 22<sup>nd</sup> July – 26th August 2025

**TIME:** 1.00pm - 3.00pm

**WHERE:** Headspace Plenty Valley  
Shop MM1, Westfield Plenty Valley  
415 McDonalds Rd, Mill Park

**COST:** This program is free of charge, but registration is essential.

**Booking and Enquiries:**

ParentZone Northern (03) 8641 8900 or email  
[parentzone.northern@anglicarevic.org.au](mailto:parentzone.northern@anglicarevic.org.au)



**PARENTZONE**