

# Tuning in to Teens - Emotionally intelligent parenting

This free six-week program aims to help parents and carers of teenagers to understand their child's experience and connect with and support their child.



If you are a parent or carer of a teenager this program will help you to:

- understand what your child is going through at this stage in their life
- help your child manage their emotions
- manage conflict with your child more effectively
- communicate with your child more effectively
- build a closer more connected relationship with your child
- build on your skills as a parent.

## Location

Gateway Health, 155 High Street, Wodonga - F11A & B

## Date and time

Fridays from 4 November to 9 December - 10am to 12pm

## Cost

This is a free program

## Contact us

For enquires and to register your attendance contact Gateway Health Intake on 6022 8888

**Bookings are essential**

