



TUNING INTO TEENS

A SIX WEEK PARENTING PROGRAM FOR PARENTS OF ADOLESCENTS AGED 10-18 YEARS.

WEDNESDAYS 29 APRIL TO 3 JUNE

Darebin Family Service, in partnership with Northcote High School are offering a six weekly Tuning into Teens parenting program.

Parenting an adolescent can be challenging at times, this program will help you manage this tricky time.

In this program you will learn how to:

- Communicate more effectively with your teen
- Understand your teen better
- Help your teen to manage those difficult emotions
- Help to prevent behavioural issues in your teen
- Teach your teen how to deal with conflict more effectively

DATE, TIME AND VENUE

This is a six weekly workshop starting 29 April and ending 3 June 2020.

Wednesdays 2.00pm - 4.00pm

April 29
May 6, 13, 20, 27
June 3

Northcote Town Hall
(Roof Top Room)
189 High Street, Northcote

BOOKINGS AND ENQUIRIES

Call (03) 9496 1018 or Email familyservices@darebin.vic.gov.au



CITY OF DAREBIN

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