

TUNING INTO TEENS

Emotionally Intelligent Parenting

Free 5 session parenting program for parents of adolescents aged 10-18



Learn how to :

- ◆ **Be better at understanding your teen**
- ◆ **Empower your teen**
- ◆ **Teach your teen to deal with conflict**
- ◆ **Help your teen to manage their emotions when they are upset or angry.**
- ◆ **Help your teen develop Emotional Intelligence**
- ◆ **Help your teen to be assertive and strong in situations of peer pressure.**

BOOKINGS ESSENTIAL!

Where : Parks community Network

**Wetherill Park Community Centre, Stocklands Shopping Centre, Polding St.
Wetherill Park.**

When: 18th October 2017 –15th November 2017

Every Wednesday 11.00am– 1.00pm

***To register please call Yuksel Parks Community Network
on 9756 1384 - 9609 7400***

Childcare available upon request.