BERRY STREET

Tuning into Teens

Emotionally Intelligent Parenting

*A free six-session interactive online parenting group
for parents and carers of children aged 11-17*

Please note: To be eligible to participate in this group you must reside in Banyule, Nillumbik, Darebin, Yarra or Whittlesea

Would you like to learn how to:

- **be better at talking with your teen?**
- **be better at understanding your teen?**
- **help your teen learn to manage their emotions?**
- **help to prevent behaviour problems in your teen?**
- **teach your teen to deal with conflict?**

Tuning into Teens shows you how to help your teen develop ***emotional intelligence***. Adolescents with higher emotional intelligence:

- are more resilient - this means change and stress are easier to deal with;
- are more aware, assertive and strong in situations of peer pressure;
- have greater success with making friends and are more able to manage conflict with peers;
- are more able to cope when upset or angry;
- have fewer mental health and substance abuse difficulties;
- have more stable and satisfying relationships as adults;
- have greater career success - Emotional intelligence may be a better predictor of academic and career success than IQ!

Feedback from previous participants:

- "It was really helpful in learning how to emotionally connect with my teen - being unjudgmental and reminding me that they are people with HUGE emotions that need support"
- "The program far exceeded my expectations. I liked that it was very interactive/practice-focused and not just a bunch of information being delivered"
- "I honestly think it's been a game changer. I learnt a lot about myself as a parent."
- "I found I have felt more confident in times of conflict, I haven't felt as stressed when my teen is upset"

Where: Online via video call (Zoom)

When: Wednesdays 11am – 1pm, from 13th of Aug – 17th of Sep 2025 (6 consecutive weeks)

Contact: To express interest, email Candice and Emma from Integrated Family Services via **fsparentinggroups@berrystreet.org.au** or call our Preston office on **9450 4700**