

Hume Region Parent Education Service and headspace Shepparton :



'Tuning into Teens' Parenting Program

Starts:

Tuesday 24th Feb and
continues 3rd, 10th, 17th and
24th March 2015

Time:

12.30pm—3.00pm

Venue:

headspace Shepparton
129 High Street
Shepparton

THIS IS A FREE PROGRAM

**Bookings are
essential! To book
contact**

**Claire at Primary
Care Connect
Tel: 58 233 200**

For more information
phone: Meredith
58 233 200
or Caroline on
58 238 800

*Ever feel that 'my adolescent won't listen to me'....
Or ... 'Emotions can run high at our house'?
You are not alone!*

- Come and join us for this **5 session** program for parents/carers of young people aged **12-14 years** that helps you to **tune** into your own and your child's emotions and respond more effectively to their behaviour.
- Learn about **emotion coaching**—helping your child to gain more awareness and understanding of their emotions and how to vent them safely.
- Helps you to **respond** to your child's individual needs in ways that suit the young person and the family.

Supported by
Primary Care Connect and headspace
Shepparton

