

TUNING INTO TEENS



This is a 5 week parenting group program suitable for parents with children aged 13-18 year old

In this program you will learn how to :

- ◆ **Be better at understanding your teen**
- ◆ **Empower your teen**
- ◆ **Teach your teen to deal with conflict**
- ◆ **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 Service Centre, Stocklands Town Centre

561- 583 , Polding St. Wetherill Park.

When: 31 October –28 November 2018

Time : Every Wednesday 11.00am– 1.00pm

To register for this group please phone 9609 7400—9756 1384

Email : gw1@parkscommunity.org.au

