



Tuning in to Teens

emotionally.intelligent.parenting

TERM 3: 2022

ONLINE PARENTING PROGRAM

Would you like to learn how to:

- Talk more effectively with your teen?
- Prevent behaviour problems in your teen?
- Be better at understanding your teen?
- Help your teen manage their emotions

Teens with higher emotional intelligence:

- Are more aware, assertive and strong in situations of peer pressure
- Have greater success making friends and managing 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

WHEN: 26 July – 30 August
Tuesdays: 10:00am to 12:00pm

WHERE: Online via Zoom (link will be provided upon confirmation)

BOOKINGS: <https://bit.ly/3ai0dZh>