



# Tuning in to Teens Parenting Program

**"You are NOT alone!"**

Six session 'emotion coaching' program for parents and carers of young people aged 12 years and older.

## Would you like ...

- ✓ Strategies to talk with your teen?
- ✓ To understanding your teen more?
- ✓ Help with managing their emotions?
- ✓ Help in preventing behaviour problems?
- ✓ Help with your teen to deal with conflict?

## If YES - Program Details:



Running: Wednesday 16th, 23rd  
& 30th May 2018  
continuing 13th, 20th & 27th  
June 2018



5.30pm - 7.30pm



Primary Care Connect  
399 Wyndham Street,  
Shepparton



FREE program - Open to  
ALL members of the  
public

\* Bookings are essential as places are limited.



PRIMARY CARE  
**CONNECT**

For further information and registrations contact  
Abbey @ Primary Care Connect (PCC)



Enquiries & Registration  
**(03) 5823 3200**

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