

# TUNING IN TO TEENS

## EMOTIONALLY INTELLIGENT PARENTING



### 5 SESSION PARENTING COURSE FOR PARENTS OF TEENS

Would you like to learn how to:

- Communicate effectively with your teenager?
- Understand your teenager?
- Help your teenager with emotional intelligence and managing emotions?
- Prevent some teenager behaviour problems?
- Teach your teenager to deal with conflict?

**VENUE:** Chatswood Community Health Centre

57 Hercules St, Chatswood

**DATES:** Tuesdays 1<sup>st</sup> November - 29<sup>th</sup> November (5 sessions)

**TIME:** 7.00pm - 9.30pm

**COST:** \$175pp (Concession \$150)

**PLEASE PHONE 8877 5152 TO BOOK YOUR PLACE IN THIS COURSE**

The 5 session course will be facilitated by a qualified Parent Educator from Child and Adolescent Parenting, Northern Sydney Local Health District