

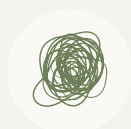


Parenting teens isn't easy.

You don't have to
face it alone.



MANY PARENTS CAN FEEL OVERWHELMED BY THEIR TEEN'S:



Anxiety &
stress



Conflict
at home



Phones &
social media



School
stress



Disconnection &
communication



Emotional
outbursts

A practical 5-week parenting program

Tuning in to Teens™

Learn practical strategies and tools to help you navigate
the teen years with more confidence and connection.

- ✓ A better understanding of your teen
- ✓ Support your teen's strong emotions
- ✓ Reduce conflict and improve communication
- ✓ Set boundaries that actually work
- ✓ Respond with more confidence
- ✓ Strengthen your relationship with your teen

YOUR FACILITATORS



Tara Watson & Michelle Galileos

Certified Tuning in to Teens™ facilitators
who work directly with parents and teens.

PROGRAM DETAILS



DATES

Thursdays, 7-9pm
8 Oct - 29 Oct,
and 19 Nov 2026.



LOCATION

Online



FOR PARENTS & CARERS

of teens
aged 10-18

parentconnections.com.au



BOOK NOW
October program 2026