



Tuning in to Teens™

Workshop series

Would you like to be better equipped to support your child as they navigate adolescence and build their independence?

Join our workshop series and learn to:

- better understand and help your child navigate this important developmental phase
- strengthen your relationship with your child
- coach your child to manage strong emotions like worry, anger and sadness
- build your child's problem solving, conflict resolution, and resilience skills
- help your child develop healthy friendships.

Tuning in to Teens™ teaches parents how to help their children develop emotional intelligence.

This key skill can help them to cope better with emotions, better engage in learning, improve their mental health, and have more stable and satisfying relationships.

Facilitators

- Natasha Belmont
- Michael Sortino (headspace Collingwood)

Ideal for

Parents and carers of teens/tweens aged 10 to 15 who live or attend school in the City of Yarra.

This program is delivered by Relationships Australia Victoria as part of Yarra Communities that Care.

When

Wednesdays in 2023 from 6:30 to 8:30pm:

- 25 October
- 15 November
- 1 November
- 22 November
- 8 November
- 29 November.

It is important to attend all 6 sessions.
Your co-parent cannot attend in your place.

Where

Alphington Primary School
26 Yarralea Street, Alphington

Cost

\$110 each, or \$170 for a caregiver pair.
Free for Health Care Card holders.

Register now

Bookings are essential as places are limited.

To register, visit tint-aps.eventbrite.com.au

A brief telephone assessment will be held before the program starts, to confirm that it is suitable for your circumstances.

To find out more, phone Naomi Gilbert, Community Liaison Officer at Relationships Australia Victoria on [0488 688 908](tel:0488688908).

We acknowledge the Aboriginal and Torres Strait Islander peoples as the Traditional Owners of the lands and waterways of Australia.

We support Aboriginal people's right to self-determination and culturally safe services.

