



tuning in to teens

A 6-week emotionally intelligent parenting program that helps you:

- learn what teens are going through**
- understand your teens emotions and help them to learn to manage their emotions**
- manage conflict and communication more effectively**
- create a closer, more connected relationship with your teen**

when

Tuesday 14 May 2024, each week for 6 weeks, concluding on Tuesday 18 June 2024.
From 5.15pm until 7.15pm

where

In our centre, 2/125 Pine Ave, Mildura

contact

Call 5021 2400 or email my.headspace@headspacemildura.com.au for further information and an expression of interest form