



# Tuning into Teens

The Tuning in to Teens is a free parenting program that supports parents to build strong relationships with their teenagers. This program is supported by Pasifika community leaders.

- Understand the relationship between their children's emotions and their behaviour
- Support their children to manage strong emotions and deal with conflict
- Use their children's emotional experiences as an opportunity for closeness and teaching
- Gain awareness and learn to regulate their own emotions
- Develop skills to assist children to verbally label their emotions
- Develop skills to assist children in problem solving
- Guide children's behaviour with appropriate limits

**When:** 14 October 2022 until 18 November, 2022

**Where:** Manor Lakes Community Learning Centre,  
86 Manor Lakes Blvd, Manor Lakes

**Time:** 10:00am -12:00pm

**Who is eligible:** Pasifika Parents of young people aged 12 to 18 years who live in the western suburbs of Melbourne

## Want to know more?

☎ (03) 9680 8444

✉ RegionalParentingService  
@mackillop.org.au



MacKillop Family Services acknowledges the Traditional Custodians and their Elders in each of the Communities where we work.