



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

00 1141101 241100 21141, 1141101 24

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

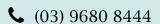
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Who is eligible: Pasifika Parents of young people

aged 12 to 18 years who live in the western

suburbs of Melbourne

## Want to know more?



RegionalParentingService
@mackillop.org.au



