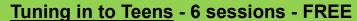


Tuning in to Teens



A six-session parenting program for parents of adolescents aged 12-24.

Would you like to learn how to:

- be better at talking with and understanding your teen?
- help your teen learn to manage their emotions and help to prevent behaviour problems in your teen?
- teach your teen to deal with conflict?

Teens who develop emotional intelligence:

- are more aware, assertive and strong with peer pressure
- make positive friendships and handle conflict better
- are more able to cope when upset or angry
- have fewer mental health and substance abuse difficulties
- have more stable and satisfying relationships as adults
- have greater career success

Armidale

May - June 2022

Wednesdays:

4, 11, 18 , 25 May & 1, 8 June 2022

10am - 12.30pm



Places are limited: Register by ringing
1800 372 826
or for more information ring the Facilitator, Pedro on
6738 7200



