

FREE

Tuning in to Teens

Tuning in to Teens - 6 sessions - FREE

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



FAMILY

RELATIONSHIP CENTRE

HELPING FAMILIES BUILD BETTER RELATIONSHIPS



An Australian Government Initiative



Centacare

New England North West

Rural Resilience

THE SOCIAL SERVICES AGENCY OF THE CATHOLIC DIOCESE OF ARMIDALE