



Tuning in to Teens

Emotionally Intelligent Parenting

A free six-session interactive online parenting program for parents or carers of adolescents

Would you like to learn how to:

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

Feedback from previous participants:

- "This program was complete and helpful"
- "I understand my teen's emotions better"
- "Overall our house is calmer and there are less explosive emotions"
- "My teen and I are talking more and arguing less!"
- "I feel happier as a parent"

Tuning in to Teens shows you how to help your teen develop *emotional intelligence*. Adolescents with higher emotional intelligence:

- are more resilient - this means change and stress are easier to deal with
- are more aware, assertive and strong in situations of peer pressure
- have greater success with making friends and are more able to manage conflict with peers
- 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 - Emotional intelligence may be a better predictor of academic and career success than IQ!

**** To be eligible to participate in this program, you must reside in Banyule, Nillumbik, Darebin, Yarra or Whittlesea.**

Where: Online via video call (Zoom)

When: Wednesdays 11am – 1pm, from 10th August – 14th September

Contact: Candice (0417 047 426) or Ella (0429 097 979) from Family Services