



# Tuning in to Teens®



## A free program for parents and carers of young people aged 10 to 18 years old.

### Would you like to:

- Better understand your teen?
- Communicate effectively with your teen?
- Help your teen manage their emotions?
- Prevent behaviour challenges in your teen?
- Support your teen to manage conflict effectively?

Our six to eight week Tuning into Teens® program teaches parents how to help their teen develop emotional intelligence.

### Teenagers with higher emotional intelligence:

- Have more stable and satisfying relationships
- Are better at managing peer pressure
- Are lower risk of mental health and substance concerns
- Have greater success making friends
- Are more able to manage conflict
- Have greater career success

**Where:** Online via Zoom

**When:** Wednesdays, 24th July - 11th September 2023

**Time:** 11:30am - 12:30pm

**Cost:** FREE

**Suitable for:** Parents with young people aged 10 -18 years

**Eligibility:** Families residing within the Bayside Peninsula region

To register for the group, follow the link to fill in the referral form. Under "Get Support" select "Parents & Families" and then select "Parenting Programs: Tuning into Teens"



<https://www.familylife.com.au/support/request-for-support-with-family-life/>

**For further information please contact:**

☎ (03) 8599 5433 or @ earlyhelp@familylife.com.au [www.familylife.com.au](http://www.familylife.com.au)

