



# Tuning into Teens Term 2

## **headspace Melton will be running a Term 2 Tuning Into Teens (TINT) Program, hosted at Melton South Community Centre**

TINT is designed to support parents to help and teach their teenage children to control, understand and express their emotions in healthy and positive ways.

The Program also helps parents to recognise, understand and respond to their teens emotions, which in turn helps their teens manage their own emotions.

Community members can register their interest by contacting headspace Melton's reception team. There are no costs associated with TINT

### **When**

Tuesdays 6-8PM , May 25, June 1, June 8 , June 15 , June 22 & June 29

TINT will run for 6 consecutive weeks , snacks and light refreshments will be provided

### **Where**

Melton South Community Centre, 41 Exford Road Melton South VIC 3338

### **Contact**

P: 8065 5600

E: [info-headspacemelton@orygen.org.au](mailto:info-headspacemelton@orygen.org.au)