

Tuning in to Teens®

City of Yarra



Would you like to be better equipped to support your child as they navigate adolescence and build their independence?

Join our workshop series and learn to:

- better understand and help your child navigate this important developmental phase
- strengthen your relationship with your child
- coach your child to manage strong emotions like worry, anger and sadness
- build your child's problem solving, conflict resolution, and resilience skills
- help your child develop healthy friendships.

Tuning in to Teens® teaches parents how to help their children develop emotional intelligence.

This key skill can help them to cope better with emotions, better engage in learning, improve their mental health, and have more stable and satisfying relationships.

Who can attend

Parents and carers of children aged 10 and over who live or study in the City of Yarra.

When

Tuesdays in 2025 from 6-8pm:

- 25 February
- 4 March
- 11 March
- 18 March
- 25 March
- 1 April.

It's important to attend all 6 sessions. Your co-parent cannot attend in your place.

Where

In person at Carlton North Primary School.

Cost

\$110 each, or \$170 for a caregiver pair. Free for Health Care Card holders.

Register now

Bookings are essential as places are limited.

Register online: tint-cnps.eventbrite.com.au

A brief telephone assessment will be held before the program starts, to confirm that it's suitable for your circumstances.

To find out more, contact:

- Naomi Gilbert, Relationships Australia Victoria, on [0488 688 908](tel:0488688908)
- Jane Bilby, Carlton North Primary School, on [\(03\) 9347 4822](tel:0393474822).

98% of parents said they had a stronger connection with their child after attending this program in 2023/24.

