



Tuning in to Teens

Backed by evidence-based research, Tuning in to Teens will help you to develop skills to recognise and respond to your teen's emotions.

Would you like to learn how to:

- better understand and talk with your child through this important developmental phase
- help your teen learn to manage their emotions
- help to prevent behaviour problems in your teen
- teach your teen how to deal with conflict?

Tuning in to Teens is a small six-session group program that teaches parents how to help their teen develop emotional intelligence - a key skill that can help them better cope with emotions, better engage in learning, have fewer mental health and substance abuse difficulties, and have more stable and satisfying relationships not only as teens, but also as adults.

This course covers:

- emotional intelligence and why it's important
- the five steps of emotion coaching
- adolescent development
- anger and conflict management
- problem solving
- emotional self-care.

Babies and children cannot be accommodated in groups.

This program is being offered as part of the Yarra Communities that Care initiative.

Ideal for

Parents of students in years 7 and 8.

When

6-8pm on Tuesdays.
February 27; March 6, 13, 20, 27;
April 17.

Where

Melbourne Girls' College
Yarra Boulevard, Richmond

Cost

\$150 per couple.
\$100 per individual.

Facilitators

Naomi Gilbert and Natasha Belmont
Relationships Australia Victoria

Bookings and more information

To find out more, contact:

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