



Tuning in to Teens

6– Week Online Course

The *Tuning in to Teens* program helps parents of teens 11 to 18 years ‘tune in’ and improve communication and connection. The program will teach you how to work with your own and your young person’s emotions in ways that help you to remain close and keep communicating though challenging times.

You will learn to:

- understand your teen better
- help your teen to manage difficult emotions
- help to prevent behavioural issues in your teen
- teach your teen how to deal with conflict more effectively.

We warmly welcome people of all genders, sexualities, educational backgrounds and walks of life. All workshops are safe, non-judgemental spaces for learning and will be facilitated accordingly.

Details:

Who? For parents, grandparents and carers living in the **western suburbs of Melbourne**

When? 6 x Mondays 10am– 12pm, 27th of July until 31st of August 2026


Cost? FREE

Where? Online via Zoom

Contact:

Register online or via the QR code today!

 www.mackillop.org.programs/parenting-workshops

 0418 167 791

