

# TUNING IN TO TEENS

## EMOTIONALLY INTELLIGENT PARENTING



### 5 SESSION PARENTING COURSE FOR PARENTS OF TEENS

Would you like to learn how to:

- Communicate effectively with your teenager?
- Understand your teenager?
- Help your teenager with emotional intelligence and managing emotions?
- Prevent some teenager behaviour problems?
- Teach your teenager to deal with conflict?

**VENUE: headspace Brookvale**

Level 2 Brookvale House, 1A Cross Street, Brookvale

**DATES: Wednesdays 2<sup>nd</sup> November – 30<sup>th</sup> November 2016 (5 sessions)**

**TIME: 6.30pm – 9.00pm**

**COST: \$175pp (concessions available)**

**REFRESHMENTS PROVIDED**

**PLEASE PHONE 8877 5152 TO BOOK YOUR PLACE IN THIS COURSE**

The 5 session course will be facilitated by a qualified Parent Educator from  
**Child and Adolescent Parenting, Northern Sydney Local Health District**

[www.nslhd.health.nsw.gov.au/Services/CAP](http://www.nslhd.health.nsw.gov.au/Services/CAP)



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Local Health District



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