



*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 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.

*"I feel so much more confident and better prepared in understanding my teenager's emotions. The course and teachers were fantastic! Highly recommended."*

*- Parent participant*

*Babies and children cannot be accommodated in groups.*

**Ideal for**

Parents of year 7 and 8 students at Melbourne Girls College.

**When**

6-8pm on Wednesdays in Term 3.  
August 1, 8, 15, 22, 29; September 5.

**Where**

Melbourne Girls College  
Yarra Boulevard, Richmond

**Cost**

\$150 per couple.  
\$100 per individual.  
Concession available on request.

**Bookings and more information**

Bookings are limited as only 12 places are available. Visit [www.tint-melbournegirls.eventbrite.com.au](http://www.tint-melbournegirls.eventbrite.com.au) and enter the password **melbournegirls** to reserve your place.

To find out more, contact:

**Shaunagh O'Connell**, Year Level Leader of Year 7, Melbourne Girls College by calling (03) 9428 8955.

**Naomi Gilbert** by calling 0488 688 908 or emailing [ngilbert@rav.org.au](mailto:ngilbert@rav.org.au)