



Tuning in to Teens®



A free program for parents and carers of young people aged 10 to 18 years old.

Would you like to:

- Better understand your teen?
- Communicate effectively with your teen?
- Help your teen manage their emotions?
- Prevent behaviour challenges in your teen?
- Support your teen to manage conflict effectively?

Our six to eight week Tuning into Teens® program teaches parents how to help their teen develop emotional intelligence.

Teenagers with higher emotional intelligence:

- Have more stable and satisfying relationships
- Are better at managing peer pressure
- Are lower risk of mental health and substance concerns
- Have greater success making friends
- Are more able to manage conflict
- Have greater career success

Cost: FREE

Suitable for: Parents with young people aged 10 -18 years

Eligibility: Families residing within the Bayside Peninsula region

For further information please contact:

(03) 8599 5433 or @briefsupport@familylife.com.au www.familylife.com.au

Sessions:

Where: The 'Sun Room', Family Life 197 Bluff Road, Sandringham

When: Thursdays, 2nd May - 20th June 2024

Time: 12:30 pm - 2:30 pm

OR

Where: Online via Zoom

When: Wednesdays, 1st May - 19th June 2024

Time: 5:30 pm - 7:30 pm

To register for the group, follow the link to fill in the referral form. Under "Get Support" select "Parents & Families" and then select "Parenting Programs: Tuning into Teens"



<https://www.familylife.com.au/support/request-for-support-with-family-life/>

