



Tuning in to Teens[®]



Tuning in to Teens is a parenting program that supports caregivers of children aged 10 to 18 years old to build connection with their teens and learn about adolescent development.

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 in to Teens[®] program teaches caregivers 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 better able to manage conflict
- Have greater career success

Where: Online via Zoom

Cost: FREE

Suitable for: Caregivers with children aged 10 - 18 years

Eligibility: Families residing within the Bayside Peninsula region

Morning Group:

Wednesdays

10:30am - 12:30pm

4th February - 1st April 2026

Evening Group:

Thursdays

4:30pm - 6:30pm

5th February - 2nd April 2026

Registration:

To register for the group, [click this link](#) or scan the QR code and complete our Request for Support Form. Under 'Get Support' select 'Parents and Families', then select 'Tuning in to Teens'.



For further information please contact:

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

