



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

Suitable for: Caregivers with children aged 10 - 18 years. Please note this group is for caregivers only, and not suitable for children to attend.

Eligibility: Families residing within the Bayside Peninsula region

Tuning in to Teens is not running at the moment. Please check the Family Life website for updates.

For further information please contact:

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

