



Tuning in to Teens

Emotionally Intelligent Parenting

Tuning into Teens is a 6 week program that will enable you to develop stronger connections with your teen.

Would you like to learn how to:

- be better at talking with your teen?
- be better at understanding your teen?
- help your teen learn to manage their emotions?
- help to prevent behaviour problems in your teen?
- teach your teen to deal with conflict?

Who: Parents and Carers

Where: headspace Bentleigh, Ground Floor, 973 Nepean Hwy, Bentleigh

Time: 7pm – 9pm

When: Term 4 commencing Tuesday 11th October and running for every consecutive Tuesday night with a break on 1/11/16. Last session being on 22nd November.

Contact: Toula Filiadis or Kirsten Cleland on 9526 1600 or 0412150872