



## Tuning in to Teens

**Would you like to help your teen to learn how to manage their emotions? Would you like to help prevent behavioural problems in your teen? Tuning in to Teens is a 6 week parenting programme that shows you how to help your teen develop emotional intelligence.**

**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 prevent behavioral problems in your teen?**  
**Teach your teen to deal with conflict?**

**DATE:** Mondays (6 weeks)  
8th February – 22nd March 2021  
**TIME:** 6.00pm to 8.00pm  
**WHERE:** Zoom  
**COST:** This session is free of charge but registration is essential

For bookings & inquiries contact: ParentZone on  
03 8641 8900 or 0458 550 071  
Email [parentzone.northern@anglicarevic.org.au](mailto:parentzone.northern@anglicarevic.org.au)



# PARENTZONE