



## 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 8 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:** Thursdays (8 weeks)  
29th April – 17th June 2021

**TIME:** 10.30am - 12.00pm

**WHERE:** Free Online Sessions  
**Bookings 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**