



Tuning in to Teens

Would you like to learn how to:

- Be aware and manage your emotions?
- Understand your teen's emotions?
- Build attachment and teaching through emotional experiences?
- Help your teen understand and manage their emotions?
- Develop skills to assist your teen in problem solving?

This program provides a number of skills and strategies to help with everyday parenting challenges, based on emotionally tuned parenting.

DATE: Tuesday 15th October – 26th November 2024
(6 weeks, an extra week has been added due to the public holiday on the 5th November)

TIME: 10.00am - 12.00pm

WHERE: Online

COST: This session is free of charge but registration is essential

Booking and Enquiries: ParentZone Northern
(03) 8641 8900 or email
parentzone.northern@anglicarevic.org.au



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