

Tuning in to Teens

A parenting program for parents of children aged 12-18 years

Tuning in to Teens is a 6 session program for parents, with children aged 12 to 18 years. The program provides parents with a greater understanding of their teen's emotional experiences. It also explores specific skills that help parents be supportive, empathic and stay connected with their teens. Learn more about:

- understanding teenage development
- supporting teens to manage difficult emotions
- promoting positive behaviour
- supporting teens to maintain friendships and deal with conflict



Where:	Headspace Midland
When:	Wednesday's 30 October, 6, 13, 20, 27 November, 4 December, 2019
Time:	5:15pm – 7:15pm
Cost:	FREE
Crèche:	Not available for this program

For more information and to register, please contact:

Name: Midvale Hub Parenting Service Perth North-East

Telephone: (08) 9290 6827

Email: parentingservice@mundaring.wa.gov.au

