

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 Unit 7, 64 Morrison Road, Midland
When:	Wednesday's 12, 19, 26 February, 4, 11 & 18 March, 2020 <i>*participants must be able to attend all sessions</i>
Time:	5:45pm – 7:45pm
Cost:	FREE – registration is essential
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

