

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:	Via zoom in your own home – must have access to WIFI and a device with a camera
When:	Mondays 4 May, 11, 18, 25, (1 week break) 8, & 15 June, 2020 <i>*Participants must be able to attend all sessions</i>
Time:	7pm to 9pm
Cost:	FREE – registration is essential

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



Supported by



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