



## 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



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| <b>Where:</b>  | <b>Brockman Community House</b><br>27 Hull Way, Beechboro   |
| <b>When:</b>   | Tuesdays 27 October, 3, 10, 17 & 24 November & 1 December 2020<br>(must be able to attend all sessions)                       |
| <b>Time:</b>   | 9.30am – 11.30am  |
| <b>Cost:</b>   | <b>FREE</b> – registration is essential   |
| <b>Crèche:</b> | Limited places available. <b>Bookings essential.</b> Please contact Brockman House (08) 9279 1588.<br>Cost of \$5 per session |

**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](mailto:parentingservice@mundaring.wa.gov.au)



Brockman Community House

Supported by



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Shire of Mundaring Children's Services