



Tuning in to Teens

Emotionally Intelligent Parenting

Tuning in to Teens™ is an evidence-based parenting program, focusing on guiding parents / carers to use emotion coaching techniques, with your teens

This 6 week program will give you tips & skills

- to regulate and manage your own emotions and also your teens
- strategies to help you build a closer connection and have open communication with your teen.

Where: Online (Via Zoom)

**When: Wednesdays 16,23,30 October & 6 November
(4 weeks)**

Time: 10.00 am - 1.00 pm (2 x 10 minute breaks during session)

Cost: Free

Bookings essential

"doing this course helped me become more connected to my teen and benefited our family, would recommend" Karla

A confidential, safe and supportive group environment



Botany Family &
Children's Centre

For further information contact

Phone: 9666 5047

Email: rachael.a@bfcc.org.au