
TUNING IN TO TEENS

Tuning into Teens is a six-session program designed to help parents and caregivers maintain positive relationships with their pre-teens and teenagers. The program takes a strengths-based approach and focuses on building participants' ability to connect with the adolescents in their lives.

This program assists participants to:

- Help your teen/pre-teen manage their emotions
- Help prevent behavioural problems
- Assist them in handling conflict
- Assist in conversing and connecting with your teen/pre-teen

The program also aims to help participants assist their teenagers in managing their emotions, preventing behavioral problems, handling conflict, and developing emotional intelligence. This can lead to increased success in making and keeping friends, better concentration at school, and improved ability to calm down when angry or upset.

Emotional intelligence has been shown to be a better predictor of academic and career success than IQ.



**Bookings essential
call 8522 4400**

TUESDAYS

5:45 PM - 7:45 PM

**from 22 October
to 26 November 2024**

VENUE

Level 3, Suite 301
304-318 Kingsway, Caringbah

COST

\$25 per session (or \$15 concession)
Total \$150 (or \$90 concession)
Pre-payment requested