



Tuning into Teens

Tuning into Teens is a four-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.



Cost

\$60 per person
\$90 per couple
Pre-payment required



What

4 x 2hr sessions



When

Mondays, from 20 July to 10 August

12:30 pm – 2:30 pm



Where

Facilitated via ZOOM



Have a chat with us to book or enquire about this course **8522 4400**