



Tuning into Teens

For parents in Sutherland
Shire and Georges River

FREE GROUP

Wednesdays for 4 weeks
10:30am - 12:30pm
The Family Co. Hurstville

Starts: 2nd Sept 2026
Ends: 23rd Sept 2026

For more information
please contact us via
phone or email.
(02) 9528 2933
info@thefamilyco.org.au

Spots are Limited!

Book online or call our office
to secure your place.

Tuning into Teens

**A PARENT EDUCATION WORKSHOP FOR
PARENTS OF 10-18 YEAR OLDS**

**Supports parents to recognise,
understand and respond to their
teen's emotions, as well as their own.**

- A positive, practical approach to parenting that builds on strengths within parents, their teenagers and their relationships.
- Supports parents to reduce conflict and increase communication on challenging issues that their teenager may be facing, in order to remain connected.
- Provides a safe, supportive environment for parents to share thoughts and ideas, and learn from others with similar experiences.
- Delivered by trained Tuning in to Teens facilitators.

**The
Family
Co.**

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