

Tuning in to Teens™

Emotionally Intelligent Parenting

A six-session parenting program
for parents of adolescents aged 12-17

Would you like to learn how to:

- be better at understanding and talking with your teen?
- help your teen learn to manage their emotions?
- help to prevent behaviour problems in your teen?
- teach your teen to deal with conflict?

Tuning in to Teens shows you how to help your teen develop *emotional intelligence*. Adolescents with higher emotional intelligence:

- are more aware, assertive and strong in situations of peer pressure
- have greater success with making friends and are more able to manage conflict with peers
- are more able to cope when upset or angry
- have fewer mental health and substance abuse difficulties
- have more stable and satisfying relationships as adults
- have greater career success

Where: headspace Hawthorn, Level 1, 360
Burwood Road, Hawthorn

When: 6:30-8:30 on Mondays, Oct 23 – Dec 4
(break on Nov 6). Further courses in
2018

Cost: This course is free

Contact: To find out more or to book, please
contact headspace Hawthorn on 9006
6500 or via email:
enquiries@headspacehawthorn.org.au

