

**FREE**

# Tuning in to Teens

## Tuning in to Teens - 4 sessions - FREE

A four session parenting program for parents of adolescents aged 12-24.

### Would you like to learn how to:

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

### Teens who develop emotional intelligence:

- are more aware, assertive and strong with peer pressure
- make positive friendships and handle conflict better
- 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



## ARMIDALE

Over 4 Tuesdays:  
3rd, 10th, 17th & 24th  
September 2024  
10am - 1pm



Places are limited: Register by ringing

**1800 372 826**

or for more information ring the Facilitator, Pedro on

**6738 7200**