

# Tuning in to Teens

A six session program for parents  
of 10-16 year olds



- How do I talk to my teen and get them to listen?
- How do I help prevent behaviour problems with my teen?
- How can I teach my teen to deal with conflict?
- How do I help my teen to cope with and understand their emotions?
- What can I do to better understand my teen?

**Do you want to know how?**

Thursdays 1pm - 3pm  
starting 18 August - 22 September 2022  
FamilyCare, 19 Welsford St, Shepparton



*Emotional intelligence may be a better predictor of academic and career success than IQ!*

Call FamilyCare Central Intake 1800 161 306  
or register online

This workshop is for parents and/or carers in the Goulburn Region (Greater Shepparton, Moira, Strathbogie, Mitchell and Murrindindi)