

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?

Tuesdays 7pm - 8:30pm
starting 11 October - 15 November 2022

ONLINE



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)