

Tuning in to Teens

A six session program for
parents of 12-18 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?

Tuesday 13 February - 19 March
10am - 12pm

FamilyCare 19 Welsford Street Shepparton



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

Call FamilyCare Central Intake 1800 161 306
[register online](#)

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