

TUNING IN TO TEENS-ONLINE

Connecting with your teenager through emotionally intelligent parenting.



Build emotional connection with your child.

Tuning into Teens helps parents teach their kids to better control, understand and express themselves. It offers tools to recognise, understand and respond to children emotions, and helps parents manage their own.

Our facilitators help you to enhance communication with kids in your care. This process can help them achieve really positive health and social outcomes in various aspects of their lives. In a supportive environment you'll also connect with others navigating the same challenges.

This program is designed to help you:

- Clarify any problems you are experiencing with your child and your own behaviour
- Recognise and understand specific emotions in child and yourself
- Learn ways to cope when you or your child is upset and angry
- Learn to manage changes in your relationship with your child
- Build strong communication routines to support a satisfying relationship
- Enhance emotional intelligence in your child.

This engaging, practical and supported workshop is for parents and carers, and will include 6 sessions.

Relationships Australia.
NEW SOUTH WALES

Where: Online, Zoom

When: Week 3, Term 3, 2024

Cost: Free

REGISTER: Email Sally or register below Monday:

<https://forms.office.com/r/ydB88C4GJt>



Wednesday:

<https://forms.office.com/r/9SyP189iEH>



Contact:

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PLEASE BOOK EARLY-
 NUMBERS STRICTLY LIMITED