



Tuning into Teens

For parents in the Cranbourne, Clyde (North), Botanic Ridge area

A six-session parenting program for parents of teens aged 10-18 years

Would you like to learn how to:

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

DATE: 6th November - 11th December 2025

Thursdays

TIME: 5:00pm-7:00pm

WHERE: Online via Zoom

COST: Free registration required

For Bookings and Enquiries contact:

Youyou Li

youyou.li@anglicarevic.org.au

0499 080 468



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PARENTZONE