



# Tuning in to Teens® (online)

Emotionally intelligent parenting  
for parents of pre-teens and teens

## Would you like tips and strategies 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

**Please note: this an interactive program via Zoom. Participants are expected to have cameras on and join from an appropriate setting.**

**When:** 6 ONLINE evening sessions  
29 July-2 September 2026

**Time:** 5:30 to 7:30pm

**Location:** Online via Zoom

**Cost:** Free of charge  
(bookings essential)

**Enquiries:** Jayde 0438 459 891  
Jayde.Mitrevski@anglicarevic.org.au

**Click [here](#) to book or scan the QR code!**

**Priority given to parents in the  
Cranbourne/Clyde (North)  
regions**



Cranbourne Communities for  
Children Initiative is funded by the  
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# PARENTZONE