



Tuning in to Teens™

Cranbourne

This engaging six session parenting program is designed for parents and carers of adolescents aged 10 to 18 years.

Based on an easy-to-follow five-step emotional coaching approach, Tuning in to Teens™ empowers families to build stronger relationships and support adolescent's emotional well-being.

Join us and make a lasting impact on your family's well-being!

By participating, you'll learn how to:

- Understand and nurture your teen's emotional intelligence.
- Confidently coach your teen through big feelings by tuning in to their emotions.
- Equip your teen with tools to manage emotions, solve problems, and navigate challenges.
- Teach your teen healthy ways to handle conflict and build resilience.

This program is designed for caregivers residing in the City of Casey, Cardinia Shire, and Greater Dandenong. Please be aware that children cannot attend the sessions, and childcare services are not provided.

COST
Free

DATES
Mondays 5th, 12th, 19th and 26th
May, 2nd and 16th June
[no group Monday 9th June]

TIME
10am until 12:30pm

VENUE
Cranbourne Library
65 Berwick-Cranbourne Rd,
Cranbourne East VIC 3977

Light refreshments will be served

Bookings Essential

ENQUIRIES
P: 9704 8377
E: groupwork.south@vt.uniting.org

REGISTER
<https://forms.office.com/r/2QhttTWBaA>



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