



Tuning in to Teens[®]

Lynbrook

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.

Please note: This program is for caregivers residing in the City of Casey, Cardinia Shire, and Greater Dandenong who have at least 50% custody. Please be aware that children cannot attend the sessions, and childcare services are not provided.

COST
Free

DATES
Wednesdays

May: 6th, 13th, 20th, 27th

June: 3rd, 10th

TIME
10am until 12:30pm

VENUE
Lynbrook Family Community Centre:
2 Harris St, Lynbrook VIC 3975

Light refreshments will be served

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

REGISTER

[Tuning in to Teens, Term 2, 2026 Lynbrook](#)
– [Fill out form](#)



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