



Tuning in to Teens™

(Endeavour Hills)

This engaging 6-session program is designed for parents and carers of adolescents aged 10 to 18 years.

Based on an easy-to-follow, 5-step emotion coaching approach, *Tuning in to Teens™* empowers families to build stronger relationships and support their teen's emotional well-being. Join us and make a lasting impact on your family!

What you'll learn:

Understand emotional intelligence:

Learn how to nurture your teen's emotional growth and awareness.

Coach through big feelings:

Gain confidence in helping your teen navigate intense emotions.

Build problem-solving skills:

Equip your teen with tools to manage emotions, resolve issues, and handle challenges.

Handle conflict constructively:

Teach your teen healthy ways to manage conflict and build lasting resilience.

Please note: Open to parents/carers (50%+ custody) in Casey, Cardinia, and Greater Dandenong. To keep this a dedicated space for parents to connect and focus on themselves, children are unable to attend.



PARENTZONE

Uniting

COST

Free (Registration essential)

DATES

Mondays (6 sessions)
Oct 12, 19, 26 | Nov 2, 9, 16

TIME

10:00 am – 12:30 pm

VENUE

Chalcot Lodge Family & Community Centre
26 Haverstock Hill Close
Endeavour Hills VIC

REGISTER HERE

<https://bit.ly/4yIPnLA>



ENQUIRIES

(03) 9704 8377
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