



Tuning in to Teens

Are you the parent or carer of a teenager?

Would you like to develop and maintain a strong relationship with them?

Tuning in to Teens is a 6-week program to help improve your relationship with an adolescent in your care.

As a parent or carer of a teenager, you are invited to our 6 session program, designed to give you tools and tips to strengthen and grow your relationship.

Throughout the program we will cover a range of topics, including:

- Improving your conversations
- Understanding their wants and needs
- Managing their emotions
- Dealing with conflict
- Developing their emotional intelligence

Cost: Free

Date: Tuesdays
February 14th – March 28th 2023
No group March 14th

Time
10AM – 12:30PM

Venue
Outlook Community Centre
24 Toomuc Valley Road
Pakenham 3818

Light refreshments will be served

Get in touch
To find out more or to enrol, contact the Group Workers on **03 5990 8400**.

Bookings essential

Uniting