

Tuning in to Teens

For parents and carers who reside in the local government areas of Mundaring, Swan, Bassendean & Bayswater

A parenting program for parents of children aged 12-18 years

Tuning in to Teens is a 6 session program for parents, with children aged 12 to 18 years. The program provides parents with a greater understanding of their teen's emotional experiences. It also explores specific skills that help parents be supportive, empathic and stay connected with their teens. Learn more about:

- understanding teenage development
- supporting teens to manage difficult emotions
- promoting positive behaviour
- supporting teens to maintain friendships and deal with conflict



Where:	headspace Midland Whadjuk Country Unit 7, 64 Morrison Road, Midland
When:	Tuesdays 15, 22 February, 1, 8, 15 & 22 March 2022 *participants must be able to attend all sessions
Time:	6pm – 8pm
Cost:	FREE – registration is essential

For more information and to register, please contact:

Name: Midvale Hub Parenting Service Perth North-East

Telephone: (08) 9290 6827 Rachel: **M:** 0408 934 213

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Supported by



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Shire of Mundaring Children's Services