



**MIDVALE HUB PARENTING  
SERVICE PERTH NORTH EAST  
IN PARTNERSHIP WITH  
HEADSPACE MIDLAND**

# Tuning in to Teens

For parents and carers of children aged 12 - 18 years who reside in the local government areas of Mundaring, Swan, Bassendean or Bayswater



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

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

For more information and to register:

Scan the QR code

Midvale Hub Parenting Service (Perth North East)

Telephone: (08) 9290 6827

Email: [parentingservice@mundaring.wa.gov.au](mailto:parentingservice@mundaring.wa.gov.au)

**headspace Midland - Whadjuk  
Country**  
Unit 7, 64 Morrison Road, Midland

**Thursdays - 24, 31 October, 7, 14, 21  
& 28 November, 2024**

**6.30pm - 8.30pm**  
*(must be able to attend all sessions)*

**FREE Registration is essential**  
**Only 12 places available**



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Shire of Mundaring Children's Services