



headspace Bunbury & Parenting WA

present

Tuning in to Teens

Emotionally Intelligent Parenting

A six session parenting program for parents of teens aged 10-16

Would you like to learn how to:

- communicate with your teen more effectively?
- be better at understanding your teen?
- help your teen manage those difficult emotions?
- help to prevent behaviour problems in your teen?
- teach your teen how to make friends and deal with conflict?

Tuning in to Teens shows you how to help your adolescent develop emotional intelligence.

Research has shown that adolescents with higher emotional intelligence:

- have greater success with making and keeping friends
- have better concentration at school
- are more able to cope when upset or angry
- have fewer mental health and substance abuse difficulties
- have more stable and satisfying relationships as adults

Emotional intelligence maybe a better predictor of academic and career success than IQ!

When
 Fridays 9.30am to 12.00pm
 Commencing 29 April 2016
 Six week course (must attend all sessions)

Where
 headspace Bunbury
 1/82 Blair Street, Bunbury

Contact
 Nicky on 9729 6800 or email
family@headspacebunbury.org.au

