

Media release



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headspace Berri Promotes Emotionally Intelligent Parenting

headspace Berri is excited to offer a new, innovative and research based program designed for parents and carers of young people. Parenting or caring for young people can be a challenging time in any family's life and the Tuning in to Teens™ program can assist parents and carers to better engage with the young people in their lives.

Tuning in to Teens™ is an interactive 6 week program focussed on teaching parents Emotion Coaching skills. Emotion coaching is a research based strategy that assists parents and carers to recognise and value their young person's range of emotions and guide their young person in how to positively respond to their feelings.

headspace Berri Manager Christy Kitto says "This program will help parents and carers to engage with and teach their young people how to manage their emotions, creating harmony in their home environment".

Tuning in to Teens™ will commence fortnightly from Tuesday 16th of February at 6.30pm at the headspace Berri office.

For more information or to register contact headspace Berri on 08 8582 4422.

For media comment please contact Kristy O'Brien or Sarah Menadue during office hours on 8582 4422.