



headspace

Knox



FREE program  
for parents and  
carers of teens  
12-18

# Tuning into Teens

Connecting with your teen  
@headspace Knox

Tuning into Teens offers a range of approaches to help parents and carers tune into their teen's emotional experience, and to assist in the development of emotional intelligence through the use of the 5 steps of emotion coaching.

The program helps parents to:

- Increase their understanding of the adolescent stage of development
- Improve communication with their teen
- Assist their teen to manage their emotions
- Assist in managing difficult behaviours
- Assist your teen to manage conflicts

Register here



## Workshop details:



headspace Knox  
2/2 Capital City Blvd  
Wantirna South



5 August- 9 Sept



Tuesdays  
5:30-7:30pm



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OR  
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website: <https://forms.gle/J1S4JY3h7ovVVmtw5>

