



headspace

Knox



Tuning into Teens

Emotionally Intelligent Parenting

A FREE six session parenting program for parents of teens.

Parenting can be a challenge at times so would you like to learn how to:

- communicate more effectively with your teen?
- understand your teen better?
- help your teen to manage those difficult emotions?
- help to prevent behavioural issues in your teen?
- teach your teen how to deal with conflict more effectively?

Tuning into Teens shows you how to help your teen to develop emotional intelligence.

Research shows teens with higher emotional intelligence:

- have more stable and satisfying relationships as adults,
- are able to deal with peer pressure better,
- are more able to cope positively when upset or angry,
- have fewer mental health issues and substance abuse difficulties.

Dates: Tuesdays 15th October - 26th November (excluding cup day), 6:00-8:00pm

Email HSKnox.Intake@headspaceknox.com.au to register

Phone 9801 6088

