



headspace
Lilydale



Tuning into Teens

**Connecting with your teen
@headspace Lilydale**

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



Light
Snacks
Provided

**FREE program
for parents and
carers of teens
12-18**

Workshop details:



headspace Lilydale
216 Main st Lilydale



27 February
-3 April



Thursdays
5:30-7:30pm



headspaceLilydaleintake@each.com.au



OR
9735 7900