



## Tuning in to Teens

### A parenting program for parents of children aged 12-18 years

Tuning in to Teens is a 6 session program for parents, with children aged 12 to 18 years. The program provides parents with a greater understanding of their teen's emotional experiences. It also explores specific skills that help parents be supportive, empathic and stay connected with their teens. Learn more about:

- understanding teenage development
- supporting teens to manage difficult emotions
- promoting positive behaviour
- supporting teens to maintain friendships and deal with conflict



<b>Where:</b>	<b>Headspace Midland</b>
<b>When:</b>	Wednesday's 30 October, 6, 13, 20, 27 November, 4 December, 2019
<b>Time:</b>	5:15pm – 7:15pm
<b>Cost:</b>	FREE
<b>Crèche:</b>	Not available for this program

### For more information and to register, please contact:

**Name:** Midvale Hub Parenting Service Perth North-East

**Telephone:** (08) 9290 6827

**Email:** [parentingservice@mundaring.wa.gov.au](mailto:parentingservice@mundaring.wa.gov.au)



Supported by



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Shire of Mundaring Children's Services