

Tuning in to Teens™

Emotionally Intelligent Parenting

This six-session online parenting program is for parents of tweens & teens aged from 10-16 years

We live in a changing world today where parenting can be complex.

Tuning in to Teens™ can support you with:

- being able to better connect with your teen
- talking with your teen about the challenges they face
- support your teen to better manage their emotions
- helping to prevent behaviour problems in your teen
- teaching your teen to deal with conflict



Tuning in to Teens™

will support & guide you in helping your teen develop
Emotional Intelligence
in a safe and interactive group setting



Adolescents with higher Emotional Intelligence:

- are more aware, assertive and strong in situations of peer pressure
- have greater ability to connect with others
- are more able to cope when upset or angry
- have fewer mental health and substance abuse difficulties
- Emotional intelligence may be a better predictor of academic and career success than IQ!

Where: Online via Zoom

When: Wednesdays 24th Feb-
31st March 7.30-9 pm
AEDT

Cost: \$190 / \$270 couples

For all enquiries please call:

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@Parenting Journey

For more information

www.theparentingjourney.com.au