Tuning in to Teens

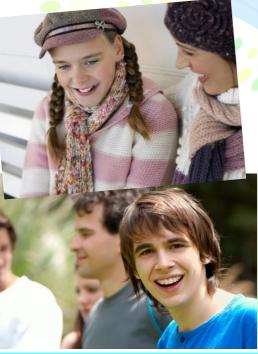
Emotionally Intelligent Parenting

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 $\mathsf{Teens}^\mathsf{T}$

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!

Kate Culv: 0404 042 789 or Jodie Harris: 0412 822 858

For all enquiries please call:



@Parenting Journey

Where: Online via Zoom

When: Wednesdays 24th Feb-

31st March 7.30-9 pm

AEDT

\$190 / \$270 couples Cost:

For more information www.theparentingjourney.com.au