

Tuning into Teens

Would you like to learn tips around how to:

- understand teen talk **and** learn how to talk with your teen?
- understand your adolescent?
- help your young person learn to manage their emotions?
- help to prevent behaviour problems in your teen?
- help your young person to deal with conflict?



Tuning in to Teens is a 6 week program that teaches you how to help your young person:

- To be self-aware, and assertive when dealing with peer pressure
- Develop good friendships and be more able to manage conflict with peers
- Be more able to cope when upset or angry and manage challenging situations

Who?

Parents and Carers with children in Grade 5, 6 and 7

When?

6 mornings starting

Wednesday 26th October

Time?

9:15am to 11:30am

[Morning tea is provided]

Where?

At the Kentish Family Support House,
5 Austin Place Sheffield

Contact:

Cassandra (Coordinator, Kentish Family Support House)

Ph: **6491-2322** for more information and to express your interest in attending.

