



tuning into teens

6 week parenting program for parents/carers of adolescents aged 12-18yrs old

Would you like to learn how to:

- . be better at talking with your teen?
- . be better at understanding your teen?
- . help your teen learn to manage their emotions?
- . help to prevent behaviour problems in your teen?
- . teach your teen to deal with conflict?

***Tuning in to Teens* shows you how to help your teen develop *emotional intelligence*. Adolescents with higher emotional intelligence:**

- . are more aware, assertive and strong in situations of peer pressure
- . have greater success with making friends and are more able to manage conflict with peers
- . are more able to cope when upset or angry
- . have fewer mental health and substance abuse difficulties
- . have more stable and satisfying relationships as adults
- . have greater career success –
Emotional intelligence may be a better predictor of academic and career success than IQ!

When: This program is run each term on alternating days and times.

Where: **headspace** Craigieburn – Suite 1, Level 1, Central Suites, Craigieburn Central, 340 Craigieburn Road, Craigieburn

Cost: This program is free, refreshments will be provided. **Registration is essential.**

Eligibility: Contact **headspace** Craigieburn or DPV Health to discuss.

Child care: We are unable to offer child care.

Contact:

headspace Craigieburn — 8338 0919
DPV Health - 1300 234 263, option 5

DPV Health – 1300 234 263 (option 5)

headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health

