

TUNING INTO TEENS



Tuesdays, 6 August – 10 September 2019

Tuning into teens is a six week program for parents with children of 10 years and older. The program aims to teach parents about how they, as parents, can help their teenage children develop good emotional skills through:

- Awareness of the emotions your teen is experiencing
- Viewing your teen's emotions as an opportunity to connect and guide them
- Helping your teen identify and describe what they are feeling
- Learning to listen to their problems without judgement
- Strengthening you and your teen's skills in problem solving and learning to cope with boundaries and limitations

When: Every Tuesday for six weeks

Time: 10.00am – 12.30pm

Location: MSS Offices, 3/57-61 Albert St, Taree

Morning Tea provided

To register for the program Phone: 02 6551 1800

Funding for this program is provided by the Department of Communities and Justice

Gain an understanding of your teenager's development and how this may impact behaviour

Communicate more effectively with your teen

Help your teen manage and regulate their own emotional reactions



Ph: 02 6551 1800

www.mssinc.org.au

Manning Support Services Inc.