

TUNING INTO TEENS



Every Wednesday
28 April to 2 June 2021

Tuning into Teens is a six-week program for parents with children aged 10 to 18 years. The program aims to teach participants how they, as parents, can help their teenage children develop good emotional skills.

As a participant you will learn:

- Awareness of what emotions your teen is experiencing;
- How to view your teen's emotions as opportunity to connect and guide them;
- How to help your teen identify and describe what they are feeling;
- How to listen to their problems without judgement; and
- How to strengthen you and your teen's skills in problem solving and learning to cope with boundaries and limitations.

When: Every Wednesday for six weeks

Time: 9.30am to 11.30am

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

Morning Tea provided

To register for the program phone Michelle: 02 6551 1818

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 teenager

Help your teenager manage and regulate their own emotional reactions



Ph: 02 6551 1800

www.mssinc.org.au

Manning Support Services Inc.