

# TUNING IN TO TEENS

## EMOTIONALLY INTELLIGENT PARENTING



### 5 SESSION PARENTING COURSE FOR PARENTS OF TEENS

Would you like to learn how to:

- Communicate effectively with your teenager?
- Understand your teenager?
- Help your teenager with emotional intelligence and managing emotions?
- Prevent some teenager behaviour problems?
- Teach your teenager to deal with conflict?

**VENUE:** Chatswood Community Health Centre

57 Hercules St, Chatswood

**DATES:** Tuesdays 6<sup>th</sup> March - 3<sup>rd</sup> April 2018 (5 sessions)

**TIME:** 6.30pm - 9.00pm

**COST:** \$150 - subsidised rates available re: financial difficulty

REFRESHMENTS PROVIDED

**BOOKINGS ESSENTIAL:**

<https://tntterm1.eventbrite.com.au>

**PH: 8021 3668**

The 5 session course will be facilitated by a qualified Parent Educator from Child and Adolescent Parenting, Northern Sydney Local Health District



**Health**  
Northern Sydney  
Local Health District



**headspace**  
Chatswood