

# 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?

### Chatswood

**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)

**BOOKINGS ESSENTIAL:** Contact 02 8021 3668

### Brookvale

**VENUE:** headspace Brookvale

Level 2 Brookvale House, 1A Cross Street, Brookvale

**DATES:** Wednesdays 14<sup>th</sup> March - 11<sup>th</sup> April 2018 (5 sessions)

**TIME:** 6.30pm - 9.00pm

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

**BOOKINGS ESSENTIAL:** Contact 02 9937 6500

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

[www.nslhd.health.nsw.gov.au/Services/CAP](http://www.nslhd.health.nsw.gov.au/Services/CAP)



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