



TUNING IN TO TEENS Parenting Workshop

A FREE 6 SESSION PARENTING PROGRAM FOR PARENTS OF CHILDREN AGED 10 -16

WOULD YOU LIKE TO LEARN HOW TO:

- Communicate with your teen more effectively?
- Help your teen develop coping skills and resilience?
- Learn how to emotion coach your teen through those difficult emotions?
- Understand why your teen behaves as they do?
- Help your teen develop emotional intelligence?

RESEARCH HAS SHOWN THAT ADOLESCENTS WITH HIGHER EMOTIONAL INTELLIGENCE:

- Have better concentration at school
- Are more able to cope when upset or angry
- Have fewer mental health and substance abuse difficulties
- Have more stable and satisfying relationships

EMOTIONAL INTELLIGENCE MAY BE A BETTER PREDICTOR OF ACADEMIC AND CAREER SUCCESS THAN IQ!

Where: Headspace, 8 Spencer Street Bunbury

When: Every Thursday from 13th of August 2020 until the 17th of September 2020 (Availability to attend each session is required)

Time: 9.30am – 12pm

Cost: FREE

Facilitator: Sue (Parenting Connection WA) and Taren (Headspace)

Phone: Headspace on 08 61640680 to register.
Supported by