



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: St Georges Community Care, 48 Gibney St (Cnr of Gibney St and Naturaliste Tce) Dunsborough

When: Every Thursday from 22nd April 2021 until the 27th May 2021 (Availability to attend each session is required)

Time: 6.00 p.m. to 8.30 p.m. (light supper provided)

Cost: FREE

Facilitator: Kerry Hawkins

Phone: 0438 542 152 to register/ask questions or email Kerry at strawbs99@hotmail.com

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