



# Tuning in to Teens

A FREE 6-session Program for Parents and Caregivers of Preteens and Teens

Tuning In To Teens shows you how to help your teen develop emotional intelligence.

Learn how to:

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

**A light lunch will be provided (bookings essential).**

**Facilitator: Nikki Higgins**



**Tuesday 12 May to 16 June 2026 | 10am - 12.30pm**  
**The SET Vasse - Innovation Cluster, Burler Drive, Vasse**  
**To book: <https://tinyurl.com/n25p22yd> or scan QR Code**  
**Enquiries: 0419 020 471 | [nhiggins412@gmail.com](mailto:nhiggins412@gmail.com)**

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